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## Introduction - What is Thai Massage?

Thai Massage is a unique and comprehensive style of massage/bodywork. Unlike the most commonly known western style of massage; i.e Swedish or Deep Tissue, Thai Massage is performed on a mat in the floor and the receiver is fully clothed. Thai Massage combines acupressure, yoga and massage to create a truly holistic massage experience.

Thai Massage is unique in its characteristics as it can be a form of physical, emotional and mental exercise for both people involved. The receiver becomes an active participant in the massage and the giver also benefits from the stretches when performed properly. More than that, Thai Massage can be a form of meditation for both parties. Historically, Buddhist monks performed Thai Massage in the temples as part of their meditation to assist them in attaining a clear and peaceful mind.

### Examples of various Thai Massage poses



# A Brief History of Thai Massage

Thai Massage dates back more than 2500 years to India at the time of Buddha. The founder of Thai Massage was an Ayurvedic physician named Dr. Shivago Komarpaj. He was a personal friend and doctor to Buddha. Dr. Komarpaj created this system of healing using the principles of yoga and Ayurveda and taught the method to Buddhist monks who performed it in temples.

Traditionally, Buddhist monks were nomadic and Buddhist temples were the centers for healing in a community. This is the reason that overtime Dr. Komarpaj's system of healing spread to Thailand. Additionally, Thai people are descendants from China so the principles of Chinese Medicine combined with Dr. Komarpaj's methods where Thai Massage and Thai tradition get its roots.

Thai traditional medicine became the main healing practice in Thailand. Families and tribes began practicing on each other and the knowledge was passed down from generation to generation. Ancient texts were created documenting the techniques and point locations and many still exist today.

In the late 1700's Thailand was all but overrun by the Burmese. The old capital of Ayuthia was destroyed. Many of the ancient texts were lost. In 1832 King Rama III decided it was of utmost importance to preserve this ancient healing art. He had the most important remaining texts inscribed in stone and set into the walls of Wat Pho temple in Bangkok. The king made Wat Pho the first university and school for traditional medicine which is still in operation today.

As modern medicine became popular in the West, the practices began to make their way to the East as well. Traditional medicine was used less and less - especially in the cities. Although this modern medicine was able to do many things that traditional medicine could not, it became clear that there was a downside to the use of so many chemicals. For this reason in 1985 the Thai government launched the Thai Massage revival project. By the mid 1990's Thai Massage was back in the forefront and began attracting international attention. Now Thai Massage is increasing in popularity at spas and wellness centers across the world.



**Dr. Shivago Komarpaj**  
Founder of Thai Massage



**Wat Pho**  
Ancient Temple in Bangkok

## Benefits of Thai Massage

Thai Massage is part of the Thai Healing Arts. It uses direct pressure on the muscles of the body, combined with stretching to effectively stimulate the musculoskeletal system including joints, bones, nerves, ligaments and lymphatic system. It is traditionally used to promote the following:

- Muscle relaxation, increase flexibility and mobility on the muscles
- Help detoxification of the body and boost immune system
- Increase blood circulation, lower blood pressure
- Improves breathing
- Improves posture, balance, corrects body alignments and dissolves energy blockages
- Help arthritis and back pain
- Help tone the body, strengthen joints and fight diseases, including chronic joint problems
- Improves athletic performance
- Prevents illnesses and alleviates degenerative diseases
- Slows the aging process
- Reduces stress and anxiety, promoting restful sleep
- Improves digestion

## Thai Massage Technique Definitions

PC = Palm Circle

PP = Palm Press

PPW = Palm Press Walking

W = Walking

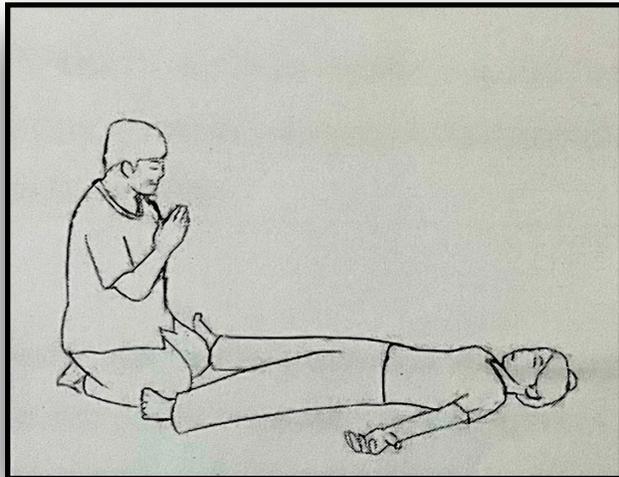
1,2,3,2,1 = Hand Pressing Technique

Inside & Outside = Refers to the Placement of Your Own Body While Working on Partner

Soft, Hard, Soft = Refers to Amount of Pressure Applied to Partner

Wai Kru = A Personal Reflection, Intention Setting or Meditation Completed at the Beginning of a Thai Massage Session

# Thai Massage Sequence



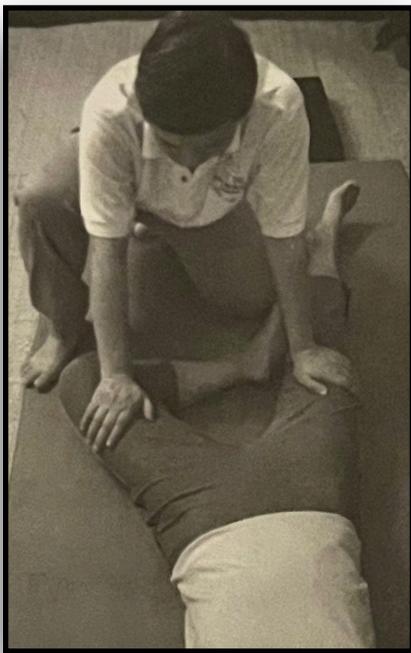
## 1. WAI KRU

- Hands come to your heart to express gratitude for your client and for the session



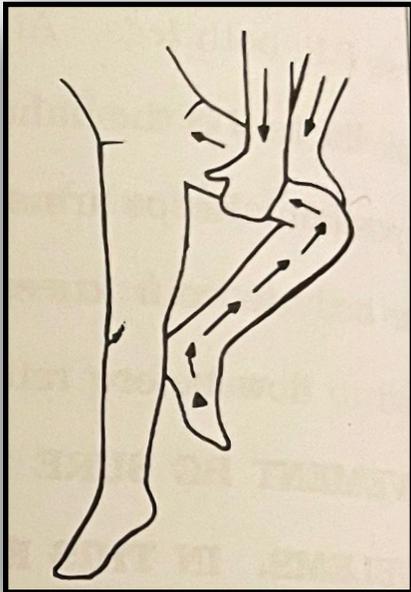
## 2. PPI - WARM UP FEET AND LEGS

- **Palm Press (PP) Feet together** 1,2,3,2,1 from heel to toe
- **PP Walk** Up the Calf
- **Palm Circle (PC) the Knee**
- **PP Walk** up the thigh
- Repeat the steps in reverse



### 3. HALF LOTUS (BOTH LEGS)

- 
- Bend your partners right knee outward so that the right foot is facing the left leg
  - **PP (Palm Press)** both thighs simultaneously
  - **PPW (Palm Press Walk)** Up and Back both legs with a 3,2,1,2,3 press
  - **PP** simultaneously once



### 4. HALF LOTUS (SINGLE LEG)

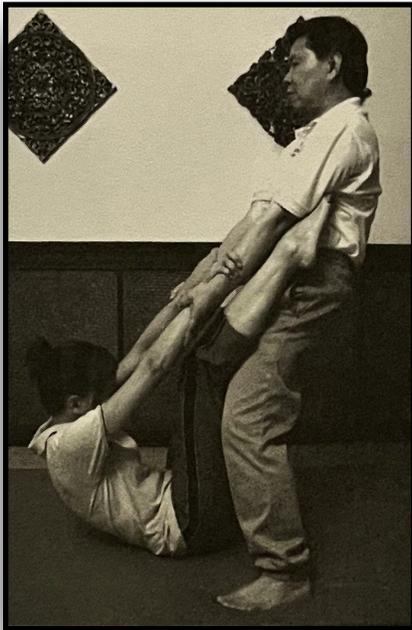
- 
- **Bent Thigh Only**
  - Butterfly Thigh Up and Back
  - 1,2,3,2,1 Press



### 5. PULL ARM ROCK CLIMBING

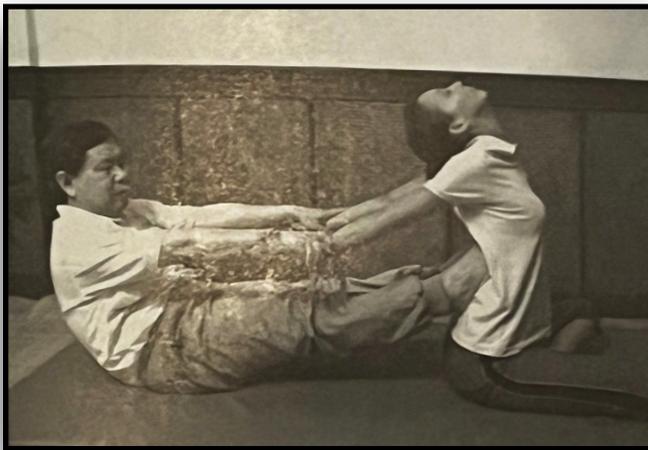
- 
- Leave your partner's thigh bent from previous step
  - Move **your body to the OPPOSITE side of your partner's bent thigh.**
  - Anchor your outside foot & leg inside your partners' knee crease
  - Anchors your inside foot & leg to your partner's extended arm.
  - Reach across your partner and take hold of their opposite hand (this is the hand your foot is not on - as shown in the photo) with both of your hands.
  - Press your feet gently into your partner and simultaneously pull their arm across their body

REPEAT STEPS 3 - 5 ON OPPOSITE LEG



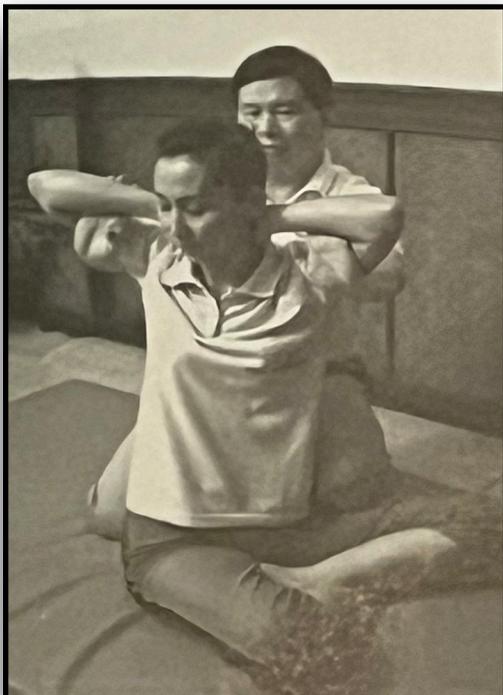
#### 6. HEAD TO KNEE

- 
- Rest partners' thighs on your thighs
  - Hold onto each other's forearms
  - **As partner exhales, gently pull them up 3x**
  - Bring partner up to a seated position



#### 7. ROW THE BOAT

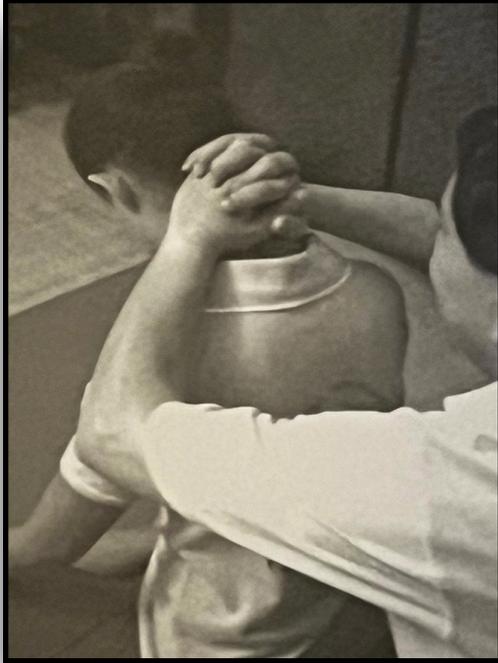
- 
- Position yourself behind your partner and extend your legs straight
  - Interlace your hands around your partner's forearms and vice versa
  - Place the ball of your feet on your partners' waist
  - Move your feet up slightly, then place the whole foot on the mid-back
  - Move up slightly once more, then place your heels between your partners' shoulder blades
  - This movement will be done in a 1,2,3,2,1 pacing



#### 8. SPINAL TWIST

- 
- Move your body to a Thai sitting position
  - Place your inside knee onto partners' thigh, close to the groin/inner thigh area
  - Interlace your arms underneath your partners' upper arm and hold near their wrist
  - Twist your partners' body **away** from yours

REPEAT THIS STEP ON THE OPPOSITE SIDE



### 9. NECK NUT CRACKER

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- Interlace your fingers and place the palms of your hands around your partners' neck
- Ask your partner to slightly lower their chin toward their chest
- Gently squeeze the palms of your hands into your partners' neck, as many times as you'd like



### 10. CHOP

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- Slightly pull your partner up to a seated position, once more
- Place your hands in a 'prayer position' with your palms slightly separated
- Gently chop along your partners' entire back

## About the Instructor Janaye Williams, LMT



Janaye Williams is a Licensed Massage Therapist, Advanced Thai Massage Practitioner and 200-hr Registered Yoga Teacher.

She made the decision to devote herself to the field of holistic healthcare in 2015 after working many years in the highly stressful and demanding world of TV News.

Janaye's passion for holistic healthcare began with her love of Yoga. She took her first class in college at Webster University in St. Louis, MO in 2008. Janaye was immediately drawn to Yoga from that moment on due to the deeply healing effects she experienced both body and mind.

Janaye decided to deepen her relationship with Yoga by completing Yoga Teacher Training through emPower School of Yoga in Nashville, TN in 2015. She became a Licensed Massage Therapist after graduating from Cumberland Institute of Holistic Therapies in Brentwood, TN in 2019.

Janaye specializes in Thai Massage which is a massage modality that combines her two loves: yoga and massage. She began studying Thai Massage with Living Sabai in 2019 and in 2022 she traveled to Chiang Mai, Thailand to study Thai Massage abroad at International Training Massage School.

Janaye currently practices Thai Massage in east Nashville at O.liv Body Bar. In addition to yoga and massage, Janaye's other passions include writing for her travel and wellness blog: [www.herewithhara.com](http://www.herewithhara.com)

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