

Thai Yoga Massage

Receiver sitting on a cushion with a blanket – Giver standing behind receiver			
Posture	Stance	Movement	Reps
Namaskar	Standing	Breathing	
Palming Shoulder	Standing Foot turned and resting against their buttocks - cushion in between	Full hands (palms) - starting at the base of the neck - push down - over - around and back of shoulders – Sweep out the neck and arm	5
Rolling Pin	Warrior - Left side first - cushion between - tilt head to bent knee side – place arm over left leg for back support	Hold head with left arm - Place forearm at the base of the neck – Palm facing down - rock and roll the arm so the palm is facing upwards – Sweep out	5
Arm Rolls	Warrior	Grab right side elbow and wrist and rotate the arm five times to the left and right.	5
Cow Face	Warrior	Grab the right elbow and place their right hand on your upper arm – inhale and push the arm forward and back to your sternum – squeeze up & down their upper arm 5 times	1
Rolling Pin, Arms Rolls and Cow Face on the Left hand side of body!			
Neck Massage	Open Diamond	Tilt head forward and remove hair from neck – cross your fingers – place palms at base of neck and squeeze in and up – using thumbs and circle up and down their neck.	3
Shampoo	Kneel Diamond	Fingers in hair – 4 variations <ul style="list-style-type: none"> • Shampoo • Deep stretch • Scrub at the base of the neck holding the forehead • Shampoo • Sweep out 	4
Rowboat	Bring their arms behind their body – holding onto their wrists. Place your feet into their lower back either side of their spine. Start in their lower and holding their wrists	<ul style="list-style-type: none"> • Press your feet in and up. • Move your feet further up their back, repeat the pressing movement. Repeat movement. – 3 positions on their back. • Work your feet back down their back. 	3
Prayer Pose	Diamond, Kneel Diamond and Warrior	<ul style="list-style-type: none"> • Roll your client forward and place a cushion under their head • Start at the base of the spine and palm around their back, place both hands in the centre of their back and sweep one hand to their shoulder and the other to the 	3 of each

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		<ul style="list-style-type: none"> opposite hip. Reverse the step. Double and Single chop, cupping and knuckling around their back. Sweep out 	
Bring Client onto their Back	Kneel Diamond	<ul style="list-style-type: none"> Hold shoulders walk back on your knees. Advise client you are going to bring them onto their back. Left hand on upper back right hand finger down at back of neck. Bring client to the mat. Place a pillow under their head. 	1
Long Stretch	Kneel Diamond	<ul style="list-style-type: none"> Bring their arms overhead their head. They grab your wrists and you grab their wrists. They inhale and as they exhale you pull their arms and hold for the count of five. 	3
Shoulder Stretch	Kneel/Open Diamond and bamboo rock	<ul style="list-style-type: none"> Cup your hands over their shoulders. Fingers facing their toes. Gently bamboo rock by apply pressure from one shoulder to the other. 	5
Shoulder Press	Kneel/Open Diamond and bamboo rock	<ul style="list-style-type: none"> Place your flat hands on top of their shoulders. Fingers pointing to their toes. Bamboo rock whilst applying pressure to their shoulders. Sweep out 	5
Head Sweep	Kneel/Open Diamond and bamboo rock	<ul style="list-style-type: none"> Sweep your hands up their neck, around their head. Gentle massage their head. Sweep out their head drawing from the base of their head up to their forehead. Finish with your hands in the middle of their forehead. 	