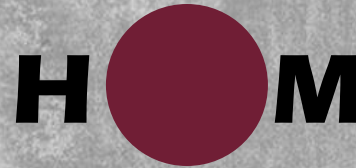


WHAT IS THAI MASSAGE?

Thai Massage, or Nuad Boran, combines gentle stretches, joint rotation, breathing practices, and acupressure to create space in the body for healing.

Using a slow, flowing, meditative approach, the practitioner assists the fully clothed recipient into a series of yoga-inspired postures.

Treatment occurs on a high-density floor mat. The therapist uses hands, feet, elbows and knees to loosen stiff muscles, open hips, ease back pain, and improve circulation.



Shirley Damberger

Certified Thai Massage Therapist

Usui Reiki II Practitioner

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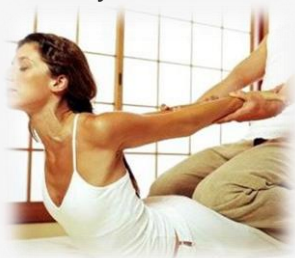
THAI MASSAGE



Metta in Motion

BENEFITS

- Facilitates deep relaxation
- Promotes good health and general feeling of well-being
- Improves circulation
- Strengthens internal organs
- Assists in alignment and postural integrity of the body
- Increases flexibility and range of motion
- Supports athletes preparing for and recovering from sporting events
- Helps patients recover faster from surgery
- Promotes longevity, strength and flexibility



ORIGIN OF THAI MASSAGE

The ancient art of Nuad Boran blends the knowledge of Ayurvedic, Chinese, and Thai medicine and has a 2500 year history of therapeutic healing.

CHART SHOWS
CHAKRAS &
10 MAJOR SEN LINES
(similar to meridians in
Chinese medicine)



It's origin is attributed to Jivaka Kumar Bhaccha, physician of the Buddha. For most of its history, this art was only practiced in the Buddhist temples and was looked upon as a spiritual practice.

Although it is a form of massage, it contains elements and techniques that are directed at effecting the physiology and energetics of the body and mind of the recipient.

It is the practical application of Metta (the Pali word for 'loving kindness'), wherein the practitioner and client maintain a meditative state with full mindfulness.



TESTIMONIALS

'Shirley has a very intuitive, healing touch'

-Britt

'Perfect blend of relaxation and stretching'

-Steve

'Very relaxing, mind and body'

-Will

'Excellent practitioner'

-Julia



Thai Massage helps increase awareness of your body, which often results in easier movement, improved posture and even injury prevention. Because it can release muscles deep in the body, it is often effective in reducing neck and shoulder pain, headaches, and low back pain.