Thai Massage
For the Table

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Introduction to Thai Massage

Nuad Bo Rarn, literally translated as “ancient massage”, is a unique and comprehensive style of bodywork. Unlike its western counterpart, Nuad Bo Rarn, or Thai massage is performed on a mat on the floor and the client is fully clothed. Thai massage combines acupressure, yoga and massage to create a truly holistic massage experience.

There are two styles of Thai massage, Southern style or Wat Pho style and Northern style. These two styles of Thai massage come from the two original schools of Thai massage. Southern style originated at Wat Pho in Bangkok and Northern style comes from the Old Medicine Hospital in Chiang Mai. Both schools are still in operation today.

Although both styles of Thai massage have the same basic foundation there are considerable differences between the two massages. Southern style focuses primarily on acupressure and energy lines and employs a much stronger pressure. Northern style is slower and gentler (yet this is still a very strong massage) and focuses more on the yoga like stretching. Northern style Thai massage is what is most commonly practiced in the United States. In this course you are learning Northern style Thai massage.

This massage is unique in its characteristics as it can actually be a form of physical, emotional and mental exercise for both involved. The receiver actually becomes an active participant in the massage and the giver also benefits from the stretches if 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 Vippasana meditation to assist them in attaining a clear and peaceful mind.
A Brief History of Thai Massage

Thai massage dates back 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 the Lord 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 the temples.

Traditionally, Buddhist monks were nomadic and Buddhist temples were the centers for healing in a community. This is why over time 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 are where Thai massage and Thai traditional gets 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.
A Mantra to the Father Doctor Shivago Komarpaj

Before starting a Thai Massage, Thai people Wai Khru. Wai means respect and it is shown by putting the hands into the prayer position and nodding to the person or figure being “waied”. Khru is the Thai word for teacher. To Wai Khru before the massage is to show respect and gratitude for the Teacher Dr. Shivago Komarpaj as well as any other teachers and possibly your parents. The Wai is accompanied by reciting the following mantra. It is not necessary to recite the whole mantra before every massage. The masseur can recite only the first and last line.

It is an important step to Wai Khru at the beginning of the massage. Thai massage is meant to be performed in a meditative state. Taking a moment to close your eyes, center yourself, and connect to your own breath as well as your clients will set the tone for the whole massage.

MANTRA:
OM NAMO SHIVAGO SILASA AHANG KARUNIKO SAPA SATANANG
OSATHA TIPA MANTANG PAPASO SURIYA JANTANG KOMALAPATO
PAKA SESI WANTAMI BANTITO SUMETASO AROKA SUMANA HOMI
(3 TIMES)
PIYO TEWA MANUS SANANG PIYO PROMA NAMUT TAMO PIYO NAKA
SUPAN NANANG PININ SIYANG NAMA MIHANG NAMO PUTTAYA
NAVON NAVIEN NASATIT NASATIEN EHI MAMA NAVIEN NAWAE
NAPAI TANG VIEN NAVIEN MAHAKU EHI MAMA PIYONG MAMA
NAMO PUTTAYA (1 TIME)
NA A NA WA ROKA PAYATI VINAS SANTI (3 TIMES)

Translation:
We invite the spirit of our founder, the Father Doctor Shivago, who comes to us through his saintly life. Please bring us the knowledge of all nature, that this mantra will show us the true medicine of the universe. In the name of this mantra, we respect your help and pray that through our bodies you will bring wholeness and health to the body of our client.

The Goddess of healing dwells in the heavens high, while mankind stays in the world below. In the name of the Founder, may the heavens be reflected in the world below so that this healing medicine may encircle the world.

We pray for the one whom we touch, that he will be happy and that any illness will be released from him.
Technique Abbreviations for Thai Massage

Palm Press = PP

Palm Circle = PC

Thumb Press = TP

Thumb Circle = TC

Thumb Walk = TW

Thumb Slide = TS

Finger Circle = FC

Finger Hook = FH

Finger Press = FP

Stretching = ↔

Together = ↑↑

Walking = W

Return = ↑↓
PRACTICING THAI MASSAGE

1. PP1 - WARMING UP FEET AND LEGS

PP Together on Foot 1,2,3,2,1 - Heel to Toe

PP Walking on Foot 1,2,3,2,1

PP Walk Up the Calf - Outer Edge of Hand only to avoid the Tibia Bone

PC the Knee

PP Walk Up the Thigh - Fingers facing out, stop at Groin

Repeat steps in Reverse

2. TP 6 POINTS OF FOOT

TP Together 6 Points 5 Sec Each, Press and Open - with Thumb Pads

PPW to Relax 1,2,3,2,1,

(Work both Feet at same time)

3. TP MEDIAL ARCH

TP Points of Medial Arch Up

Just above heel to Ball of Foot

TPW Back Down

PPW again to Relax

4. STRETCH TOP FOOT

Your Fingers Facing Out

Press Straight Down 1,2,3,2,1
5. PUSH TOES
Grasp Toes and Balls of Feet
Lean Forward to Stretch Calves 3x
Soft, Hard, Soft

6. CROSS FEET AND PRESS DOWN
Woman Start Left, Man Right
With BUTTERFLY HANDS
Press Straight Down 3x
Soft, Hard, Soft
Switch Feet and Repeat

7. ROTATE ANKLE- (one foot at a time)
Inside hand cup heel, outside hand grab toes.
Use your body weight to rotate ankle 3x in each direction.

8. TWIST FOOT
Inside hand cups heel, outside hand holds medial arch of foot.
Twist and Lean Back 1,2,3,2,1
Then, outside hand cups heel, inside hand holds outer edge of foot
Twist and Lean Back 1,2,3,2,1
9. **SHAKE ANKLE**

*With outer edges of your hand, move back and forth below ankle vigorously to shake foot*

10. **VIBRATE FOOT**

*Using palms on either side of foot, vibrate foot*

**REPEAT 7-10 ON OTHER FOOT**
11. LOVE STORY ON LEGS

Start with Inside Left, Stand on the Right Side of the Table and Reach Across.

Warm up area with PPA- Love Story-PPW towards knee, away from knee, back towards knee, Both hands PPW to ankle and stretch ankle away from you.

Repeat these steps now for

Outside Right
Inside Right
Outside Left

12. HALF LOTUS

A. BOTH THIGHS

1. PP Together Once, Just Above Knees

2. PPW Up and Back 1,2,3,2,1

3. Repeat Step One

B. BENT THIGH ONLY

1. Butterfly Thigh Up and Back 1,2,3,2,1
13. OPEN GROIN (standing version)

Place client’s foot on your outside hip.
Use your inside hand to guide their leg into a stretch
3x Soft, Hard, Soft

14. CROSS PULL LINE1 (in.-out.)

Inside Hand Press Ankle, Outside Hand Lift Knee
Sit on Client’s Foot with Your Feet Hanging off Table
Cross Hands, FHW Line One 1,2,3,2,1
FH Together Line 1 (Squeezing) 1,2,3,2,1

15. NUT CRACKER LINE 2 (in.-out.)

Move Heel Close to Sit Bone, Lock Ankle
Interlock Fingers, Heel of Hands on Line 2
Drop Elbows to Squeeze, Then Lean Back 1,2,3,2,1

16. ICE PICKING LINE 3 (in.-out.)

Move Heel Back Out, Interlock Fingers, Palms Facing Client (Icepick Hands)
Thumb Pads Press on Line 3
Drop Elbows to Press
1,2,3,2,1 or Many Points
17. MID LINE HAMSTRING

*Move Leg Out More*

- Double Thumb Press or Thumb on Thumb 1,2,3,2,1 or Many Points
- Thumb Walk 1,2,3,2,1 or Many Points

18. A. MIDLINE CALF

*Finger Tips Touch, Place on MidLine and Lean Back*

- 1,2,3,2,1… PT 3 is Above Achilles
- *Flat Fingers, NO Hooking!*

18. B. NUT CRACKER PUSH ON CALF

*Interlock Fingers (Nutcracker Hands)*

- Squeeze Calf and Lean Forward 1,2,3,2,1

19. BUTTERFLY HAMSTRING

*Butterfly Hands Push on Hamstring 1,2,3,2,1*
20. TWIST HIP

*Inside Hand Hold Ankle, Outside Hand Press on Thigh, 1,2,3,2,1*

*2 Moves, Knee to Sternum, Foot to Opposite Shoulder*

Then do **SPINAL TWIST**

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21. ABDOMINAL MASSAGE- OPEN HARA

*Massage Abdomen with Wave-Like Motion*

*Place one or both hands over naval,*

*Heel of hand/s push toward the naval then finger tips pull back towards naval.*

*Repeat several times*
22. TP SIX POINTS OF PALM

*Interlace Fingers as Shown*

TP Six Points Down, Up, Down
*(same as Six Points of abdomen)*

TW All Over Palm

23. THUMB SLIDE ON PALM

TS Together Many Times

TS Walk Many Times

*Release Hand and Palm Knead to Relax*

24. STRETCH FINGERS

TS Two Fingers at a time
*(support finger with your four fingers)*

TS Middle Finger By Itself

*One Hand on Client’s 4 Fingers, Other on Thumb*

GENTLY Press to Stretch Hand Open
25  STRETCH TORSO (Client’s Fingers Facing Out)

1. Facing Client, One Hand on Elbow, Other on Thigh
   Push Hands Apart to Stretch Side Body
   Hand Presses on Thigh 1,2,3,2,1
   Hand on Elbow Does Not Move

2. Hand on Elbow Stays, Hand on Thigh Moves to Tricep,
   Push and Pull Tricep 1,2,3,2,1

3. Shake Out Arm

26  SHOULDER STRETCH AND SPINAL TWIST

   Place client’s foot on their opposite knee (tree pose)
   Walk to other side of table while pulling arm
   Pull their arm across the table towards you like you’re climbing a rope
   Both of your hands cup their scapula and sit down into a squat to stretch their shoulder
   Keep your cephalic hand on their scapula, other hand hook on erectors 1,2,3,2,1
   Both of your hands cup their scapula and sit down into a squat to stretch their shoulder
   Place their arm back by their side and press their knee across chest for a spinal twist

TURN CLIENT OVER
27. PPW ON BACK OF LEGS

**PPW on Legs** Up and Back Down

**TW Center Line** on *Back of Legs*

**PPW on Legs** Up and Back Down

28. ANKLE STRETCH

**Stretch Top Foot,** *Fingers Face Out*

**Lean Forward and Press** 1,2,3,2,1

29. CROSS FEET STRETCH

**Cross feet and Press Down**

**Soft, Hard, Soft**

**Switch Cross of Feet and Repeat**
30. LOCK AND LIFT

_**Tuck Toes Of Foot Behind Opposite Knee**_

*Place Hand on Far Side of Back*

*Other Hand Hooks on Knee*

*Lift Knee While Pressing on Back*

1, 2, 3, 2, 1
Recommended Reading List

The Art of Traditional Thai Massage - Harold Brust (Asokananda)

Encyclopedia of Thai Massage - Dr. C. Pierce Salguero and David Roylance

Thai Yoga Massage - Kam Thye Chow, Lotus Palm School

A Myofascial Approach to Thai Massage East Meets West - Howard Evans

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