
THAI YOGA MASSAGE

"Thai Massage assists the body's innate desire to return to optimum performance and optimum health, contributing to a sense of ease and well-being. One begins to sense the rightness of the inner Self, Being, and of Life." - Arthur Lambert, the founding director of ITM-USA

What is Thai Yoga Massage?

Thai Yoga Massage is a healing massage that nourishes tight, achy muscles as it soothes and relaxes the body and mind. In this unique healing therapy - also called Nuad Boran - the therapist guides the client through a series of passive yoga postures while palming and thumbing along the body's energy (Sen) lines and pressures points with precise application of hands-on techniques of rhythmic pressure and deep tissue massage using patterns of strokes and trigger point therapy on parts of the body where muscles are tight or knotted, focusing on layers of muscle deep under the skin. Yoga stretches are incorporated into the massage to get more release from muscle tension, improve flexibility and muscle tone, and to help restore balance and harmony within the physical body, the mind, the emotions, and the spirit.



What are some of the benefits of Thai Yoga Massage?

Thai Yoga Massage assists in releasing toxins and stimulates the flow of natural healing properties in the body. This unique healing modality creates a powerful release of stress and tension, an increase in vitality and well-being and it deepens the connection between mind, body and spirit in both the giver and receiver. From chronic pain to emotional stress, Thai Yoga Massage helps to restore balance and harmony which leads to health, happiness, and wellness of being.

Some of the benefits of Thai Yoga Massage:

- ☉ Therapeutically stretches the muscles and connective tissue for increased flexibility
- ☉ Brings fluid mobility back into the body through joint mobilization
- ☉ Acupressure & reflex point therapy assists in releasing stress & toxins, alleviating aches & pains
- ☉ Tones and massages the internal organs to release toxins
- ☉ Calms & soothes the nerves and the mind
- ☉ Rejuvenates and relaxes the entire body!

What is Thai Yoga Massage Therapy Session Like?

Thai Yoga Therapy sessions are personal, one-on-one therapeutic treatments. Individual Thai Yoga Massage sessions are typically performed on a mat on the floor; however, Karen utilizes a large raised platform bed. This makes Thai Yoga Massage more easily accessible for all body types. The client comes dressed in comfortable clothing allowing ease of movement and flexibility. No oils or creams are used. Sessions can be customized to target localized trouble spots.



Karen Landrum, LMT, RYT

Karen is a certified Thai Yoga Massage therapist, certified Reiki, a registered yoga teacher and certified nutritional consultant.

To schedule a Thai Yoga Massage appointment:

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