

REUSI DAT TON HERMIT YOGA

THAI SELF-STRETCHES
AND SELF-MASSAGE



BY TRADITIONALBODYWORK.COM

Table of Contents

PREFACE	4
<i>About this eBook</i>	4
<i>Copyrights</i>	4
<i>About the Author</i>	5
INTRODUCTION	6
WHAT IS REUSI DAT TON? THAI YOGA.....	7
WHAT'S IN A NAME?.....	9
AIMS AND HEALTH BENEFITS	12
HISTORY	15
ORIGINS OF THE THAI HEALING ARTS	16
ORIGINS OF REUSI DAT TON.....	21
THE ANCIENT REUSI HERMITS OF THAILAND	24
REUSI DAT TON STATUES.....	26
SAMUT THAI KHAO OF REUSI DAT TON.....	28
REUSI DAT TON DEPICTIONS ACROSS THAILAND	30
APPLICATIONS	32
STYLES AND APPLICATIONS OVERVIEW.....	33
WAT PHO'S 18 SELF-STRETCHING EXERCISES	36
ITTM'S 15 THAI HERMIT YOGA EXERCISES.....	38
WAT PHO'S 18 VERSUS ITTM'S 15 EXERCISES.....	42
REUSI DAT TON EXERCISE SETS IN THAILAND.....	44
BREATHWORK IN REUSI DAT TON.....	46
THERAPEUTIC APPLICATIONS	47
DHAMMANAMAI HOLISTIC CARE.....	49
THAI DANCE AND REUSI DAT TON	51
REUSI DAT TON SELF-MASSAGE.....	52
TRAINING PRACTICE	54
THAI YOGA IS NOT REALLY YOGA	55
PRECAUTIONS AND CONTRAINDICATIONS	57
CLOTHING AND MATERIALS.....	60
WHERE TO DO THE EXERCISES?.....	61
ABOUT ABDOMINAL BREATHING	62
BREATHING TECHNIQUES	63
USING POWER IN EXERCISES.....	67
WARM-UP AND COOL-DOWN	69
POSITIONING YOUR BODY	71
STYLES OF SITTING ON THE FLOOR	72
PERFORMING THE EXERCISES.....	75
SUPPLEMENT	76
WHAT IS THAI MASSAGE?	77

THAI MASSAGE VERSUS THAI YOGA MASSAGE	79
INDIAN YOGA VERSUS THAI MASSAGE	82
THE THAI SEN SIP ENERGY LINES	85
THE WAT PHO TEMPLE	88
THAI TOK SEN	91
THAI TRADITIONAL DANCE	92
REUSI DAT TON IN JAPAN	95
VIPASSANA BUDDHIST INSIGHT MEDITATION.....	98
THE WAI KHURU CEREMONY	101
APPENDIX.....	105