

# YOGA AND MASSAGE

CONCEPTS, TECHNIQUES, AND TREATMENT MODALITIES



BY [TRADITIONALBODYWORK.COM](http://TRADITIONALBODYWORK.COM)

# Contents

---

<b>PREFACE .....</b>	<b>4</b>
<b>INTRODUCTION.....</b>	<b>6</b>
<i>Yoga .....</i>	<i>7</i>
<i>Massage .....</i>	<i>9</i>
<i>Yoga and Massage .....</i>	<i>11</i>
<i>Relaxation vs. Therapeutic Massage .....</i>	<i>15</i>
<i>Yoga as Therapy.....</i>	<i>18</i>
<b>CONCEPTS AND TECHNIQUES .....</b>	<b>20</b>
<i>Acupressure.....</i>	<i>21</i>
<i>Asanas.....</i>	<i>23</i>
<i>Assisted Stretches .....</i>	<i>28</i>
<i>Bandhas and Mudras .....</i>	<i>31</i>
<i>Breathing Techniques .....</i>	<i>32</i>
<i>Chakras (Energy Centers).....</i>	<i>33</i>
<i>Nadis (Energy Channels).....</i>	<i>38</i>
<i>Marma Points (Energy Points) .....</i>	<i>40</i>
<i>Pancha Kosha (Five Layers).....</i>	<i>42</i>
<i>Prana (Vital Life Energy) .....</i>	<i>44</i>
<i>Pranayama Breathwork.....</i>	<i>46</i>
<i>Reflexology.....</i>	<i>48</i>
<i>Sip Sen Energy Lines.....</i>	<i>49</i>
<i>Visualizations, Chants, and Incantations .....</i>	<i>51</i>
<b>INTEGRATED YOGA-MASSAGE TREATMENT MODALITIES .....</b>	<b>54</b>
<i>AcroSage .....</i>	<i>55</i>
<i>AcroYoga .....</i>	<i>57</i>
<i>Acu-Yoga .....</i>	<i>58</i>
<i>AnaThai .....</i>	<i>59</i>
<i>Ayurvedic Yoga Massage .....</i>	<i>60</i>
<i>Breema Bodywork®.....</i>	<i>61</i>
<i>Chakra Massage.....</i>	<i>64</i>
<i>Esalen Massage .....</i>	<i>65</i>
<i>Exerssage.....</i>	<i>67</i>
<i>Hydra Yoga Therapy.....</i>	<i>68</i>
<i>Japanese Okido Yoga (Oki-do).....</i>	<i>69</i>
<i>Kum Nye Yoga and Massage.....</i>	<i>70</i>
<i>Kundalini Yoga Massage .....</i>	<i>71</i>
<i>Marma Chikitsa (Points Massage).....</i>	<i>72</i>
<i>Marmapuncture.....</i>	<i>73</i>
<i>Massoga® Massage Yoga .....</i>	<i>74</i>
<i>OsteoThai .....</i>	<i>75</i>
<i>Pelvic Floor Exercises and Massage.....</i>	<i>77</i>
<i>Phoenix Rising Yoga Therapy.....</i>	<i>80</i>
<i>Raynor Naturopathic Massage.....</i>	<i>81</i>

<i>Restorative Yoga with Massage</i> .....	82
<i>Shinzo Shiatsu Yoga</i> .....	84
<i>Thai Traditional Massage</i> .....	85
<i>Thai Yoga (Reusi Dat Ton)</i> .....	88
<i>Thai Yoga Massage</i> .....	90
<i>Tibetan Nejang Yoga</i> .....	93
<i>Water Yoga Massage</i> .....	94
<i>Yamuna® Body Logic and Body Rolling</i> .....	95
<i>Yoga Massage</i> .....	97
<i>Yogassage</i> .....	98
<i>Yogatsu</i> .....	99
<i>Yomassage®</i> .....	100
<i>Yoni Yoga and Massage</i> .....	102
<i>ZenThai Shiatsu</i> .....	104
<b>SUPPLEMENT</b> .....	<b>105</b>
<i>Ayurvedic Massages</i> .....	106
<i>Doing Yoga and Thai Massage</i> .....	108
<i>India's Impact on Massage Therapy</i> .....	110
<i>Massage, Bodywork, and Spirituality</i> .....	112
<i>Understanding Yoga and Thai Massage</i> .....	114
<i>What Is Ayurveda?</i> .....	117
<b>APPENDIX</b> .....	<b>119</b>