

EBOOK + VIDEO

THAI MASSAGE

LOWER BODY STRETCHES



BY TRADITIONALBODYWORK.COM



Contents

Preface	3
Introduction	5
IMPORTANT – READ THIS FIRST	6
WHAT IS THAI MASSAGE?	7
THAI MASSAGE VERSUS THAI YOGA MASSAGE	9
STRETCHES IN THAI MASSAGE	12
THE SIB SEN ENERGY LINES.....	16
SIB SEN ENERGY LINES AND STRETCHES	18
INTIMACY ASPECTS AND CONSENT	20
PRECAUTIONS AND CONTRAINDICATIONS	22
SESSION ETIQUETTES AND PREPARATION.....	26
Lower Body Stretches.....	28
LOWER BODY MUSCLES, TENDONS, AND JOINTS	29
<i>The Feet and Ankles</i>	30
<i>The Lower Leg</i>	32
<i>The Upper Leg</i>	33
<i>The Hip and Buttocks</i>	34
<i>The Abdomen</i>	35
BENEFITS OF LOWER BODY STRETCHES	36
WARMING-UP	37
SUPINE POSITION (RECEIVER FACE-UP)	38
<i>Foot, Ankle, and Calf Stretches</i>	39
<i>Hamstring Stretches</i>	43
<i>Bridges</i>	51
<i>Hip Openers</i>	54
SIDE LYING POSITION.....	60
PRONE POSITION (RECEIVER FACE-DOWN).....	63
<i>Foot, Ankle, and Calf Stretches</i>	64
<i>Quadriceps and Abdominal Stretches</i>	67
<i>Hip Openers</i>	70
Appendix	71