

EBOOK + VIDEO

THAI MASSAGE

UPPER 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
ASSISTED 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
The Stretching Session	28
UPPER BODY MUSCLES.....	29
BENEFITS OF UPPER BODY STRETCHES	32
WARMING-UP	33
STRETCHES.....	36
<i>Neck Stretches</i>	37
<i>Back Stretches</i>	40
<i>Chest, Arm, and Shoulder Stretches</i>	43
<i>Abdominal and Torso Stretches</i>	51
COOLING-DOWN	54
Appendix	56