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Shivagokumparpaj: Founder of Thai Massage  
Affectionally referred to as "Father Doctor" by the Thais




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**"Luseiis" (pronounced Lucy's):  
Thai Sages seeking Enlightenment**  
Developed Movement Therapy to relieve aches & pains



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**Luseii Dat Ton:  
Grandmother of Thai Massage**



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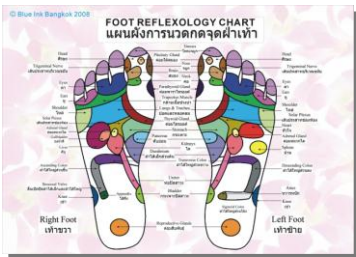
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## History of Thai Reflexology

- Thai Medicine has been practiced for over 2,000 years.
- 3 Branches of Thai Medicine: Massage, Herbology, Spirituality
- One of the many branches of Thai Massage includes Reflexology



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# Thai Massage Theory

- Like most Asian medical theories, Thai Massage acknowledges the influence of the vital life force, or "Lom" in health or disease.
- When healthy, Lom travels easily along what the Thais call "Sen", or energy lines, and is concentrated on Thai Pressure Points or Reflexes.
- When sick, lom is blocked along the Sen and/or Reflexes, and manifests as pain, numbness or inflexibility.



The goal of Thai Massage is to press and stretch the Sen and Reflexes to rebalance the flow of Lom.

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# History of the World's Reflexologies

Reflexology has been practiced globally for over 5,000 years. Reflexology charts from India (left) and Russia (right)



Same-Same, but Different...

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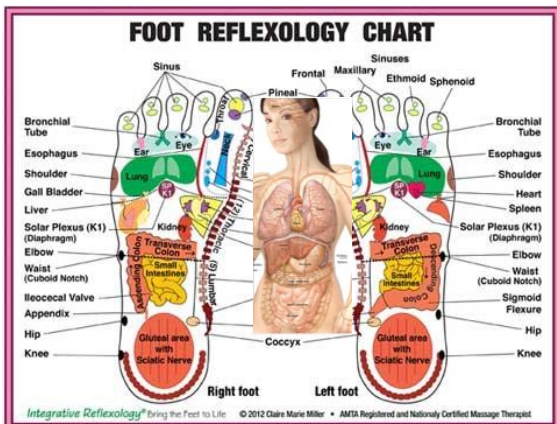
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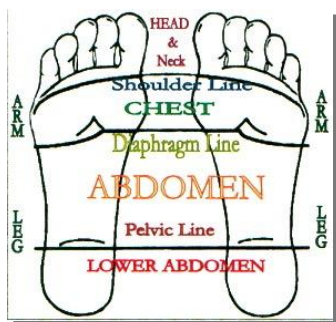
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Although we aren't sure why Reflexology works, we do know that it does provide physical & psychological benefits

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## Benefits of Reflexology

- Relaxation
- Increase circulation of blood and lymph
- Efficiently addresses all the systems of the body
- Encourages a return to homeostasis
- Very grounding and helps calm the mind
- Encourages detoxification
- Serves as preventative healthcare
- Non-invasive

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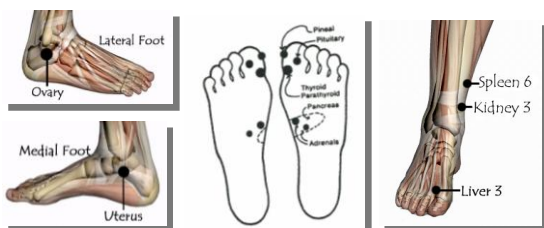
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## Contraindications

- Do not work any site of injury: cuts, bruises, broken bone, sprains
- For pregnant clients, avoid bone-to-bone/ischemic pressure on the following Reflexology & Acupressure points




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# The Heart of Thai Reflexology: Metta

- "Metta" is the Thai expression of loving kindness—the feeling that all beings are our friends, and holding a sincere desire to benefit all beings through our words, thoughts and actions.
- The heart of Thai Massage and Thai Reflexology is growing your Metta, or cultivating loving kindness for yourself and your client




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"How can you feed someone else if you're hungry?" – Ajahn Pichet




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## Practicing Metta

Does it feel good to give? Does it feel good to receive?

- Make sure it feels good to give:**
- Happy body mechanics, e.g., head over heart over hara
  - Intend for maximum awareness and minimal effort

- Make sure it feels good to receive:**
- Move with rhythmic, rocking motion
  - Encourage full, deep breaths
  - Stretch incrementally from lighter to deeper pressure
  - Find "Goldilocks Pressure"




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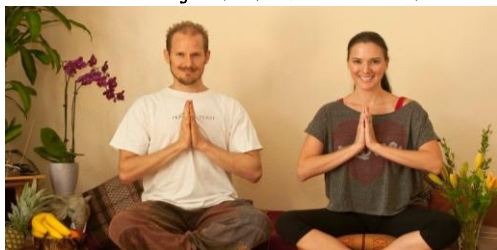
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Thank You for sharing your Metta!  
With Loving Kindness, Heath & Nicole Reed



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