

# BENEFITS OF THAI MASSAGE

Regular Thai massage treatments can improve flexibility and range of movement, ease muscle pain and joint stiffness, improve posture, and relieve chronic tension such as in the back and neck and some types of headaches. It's good for muscles which are tight due to overworking them (such as in sport or gardening) or not using them enough (such as sitting at a desk for hours). It is also incredibly relaxing and is great for relieving stress and its symptoms.



## MARK CARELESS

In 2007, Mark went to Koh Samui in Thailand for a Thai boxing training camp and while there he received Thai massage every day – sometimes two or three times a day – for the whole fortnight. "I've

never felt so relaxed or so much freedom in my body. I was carrying around all these muscle tensions and thought there was nothing I could do about it, but Thai massage released them, and the benefits carried on for days afterwards."

Mark, already a qualified yoga teacher, was so enthusiastic to pass on to others the physical and emotional benefits he'd experienced himself that he decided to train as a Thai massage therapist.

He studied at the Central School of Thai Massage ([www.centralschoolmassage.com](http://www.centralschoolmassage.com)) and now has a Practitioner Diploma in Traditional Thai Yoga Massage, accredited by CThA Embody. Mark offers appointments at The Self Centre in Bury St Edmunds, and at White Tara and Derby Cottage Osteopathic & Sports Injury Clinic in Newmarket.

**APPOINTMENTS: 07590 402448**  
**WWW.MASSAGEBURY.COM**

the self centre  
WHITE TARA  
Derby Cottage Clinic  
Osteopathic & Sports Injury Clinic

# TRADITIONAL THAI MASSAGE

with **MARK CARELESS**

- Improve flexibility and range of movement
- Ease muscle pain and joint stiffness
- Improve posture
- Relieve chronic tension



# TRADITIONAL THAI MASSAGE

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Traditional Thai massage, also known as nuad boran and Thai yoga massage, has age-old medical roots. It's thought to have been founded by a doctor from northern India over 2,500 years ago. Early Buddhist travellers spread what is now known as Thai massage to Thailand in 300-200BC, and knowledge of this ancient practice was passed almost completely orally from teacher to student over hundreds of years.

Traditional Thai massage is not well known in the UK, though is slowly increasing in popularity. It's still mainly been experienced by people travelling to Thailand. And some people who have a bit of a snigger when Thai massage is mentioned are no doubt confusing it with the seedier kind of massage available in Thailand and elsewhere.



## HOW THAI MASSAGE WORKS

Thai massage is based on the concept of invisible energy lines which run through the body, the same as the yoga philosophy of prana or life energy. Blockages or disturbances in the energy flows – which lead to sickness – can be relieved by massaging particular acupressure points on the ten main energy lines (sen lines). More or less the same theory is found in the Chinese system of acupuncture and the Japanese system of shiatsu.

In traditional Thai massage, the patient/client lies fully clothed and relaxed on a padded mat on the floor. The practitioner moves the client's body into a variety of stretches, some of which will be familiar to a yoga student, such as the tree, locust and half-plough. In fact, Thai massage is sometimes referred to as 'lazy yoga', as the client gets all the benefits of yoga whilst the practitioner does all the work!

