



## THAI YOGA THERAPY

Now that you are starting your Thai Yoga Therapy session, here are some suggestions for making the most of the experience. The Thai Yoga Therapy session's goal is realigning your body, educating your kinesthetic sense, and reclaiming your whole bodily self from the many alienating influences we have in our culture.

### **BEFORE A TREATMENT**

Please read [precautions and contraindications](#) carefully.

- It's better if you don't drink coffee before session.
- Don't have a full stomach.
- Bring light, comfortable clothes: leggings, sport clothes, pyjamas, a T-shirt. If you get cold easily, you may want to bring socks and a thin sweater, too.
- Take off earrings, rings, bracelets, etc.
- Switch off your mobile phone.
- If possible, empty your bladder right before the treatment.
- Leave time for a walk before and after your session – this will give you a chance to feel the 'before' and 'after' in your body, and in the familiar kinesthetic experience of walking. The walking will help you integrate the changes from the session as well, and give a chance for your head to clear before returning to the everyday absorption of driving and the rest of it. You could, for instance, simply park your car several blocks from the office.

## **DURING TREATMENT**

During the session, the most benefit is derived from letting your practitioner in. It is common to react by tightening or pulling away. If your practitioner is creating too much sensation with their pressure or speed, let him or her know that they should lighten up, or slow down, or get out. While your practitioner knows what he or she is doing, you know you the best. This is your session, and the best results come with your ability to stay with the work and let go with it. People have different ways of opening up to the work. It is voluntary but subtle - bring your awareness to the part that is being worked, and accept the pressure. But if the pressure is so much that you have to mentally 'leave', then the work is too hard, and probably less productive. The exception to this can be an area that was physically traumatized and is still storing a lot of pain. Here, the pain can be intense, but it is pain leaving your body. In any case, develop a dialogue with your practitioner about how they can best work with you.

A meditative mood is the ideal state for both the giver and the receiver. If you are not familiar with meditation, here are some easy guidelines:

- Stay in the body rather than in the mind (which means: it's better if you don't think too much; try to leave your plans, worries, etc. outside).
- Keep you eyes closed if you want and focus on your own breath or follow the therapist's touch on your body.
- Don't try to help the therapist move your body. It's better (and easier) if you stay relaxed. We are trained and experienced, we can lift your limbs or turn you over without effort. In case we need any help from you, we will ask.
- Though silence is greatly preferred, that doesn't mean talking is forbidden. Should anything feel painful, uncomfortable or unpleasant to you, please inform us immediately! You can also let us know (be it with words, sounds or gestures) if some technique feels particularly good and you want more of it, or if you feel you need more pressure, etc.

## **AFTER TREATMENT**

Once the session ends, in order to fully integrate and enjoy its benefits it is advisable to rest with your eyes closed for a few minutes and then slowly come back to a sitting position (much like you would do with *śavasana* after a yoga session). Before standing up you may want to take some time, do some stretching, etc.

It is better if you take time for yourself in order to fully integrate the benefits of the session. Don't rush off to your daily activities. A walk in the park, sauna, meditation, reading, writing and sleeping are some good ideas. If you need to go back to work after the session, or if you have to drive, please inform us beforehand so that we finish up with some stimulating techniques. Drink plenty of water to enhance the detoxifying process.

To achieve best results it is advisable to receive Thai Yoga regularly. Thai massage is one of the best ways for self-care and constitutes one of the pillars of health and well-being in Thailand!

## PRECAUTIONS & CONTRAINDICATIONS

- If you have a **fever**, please wait for a couple of days until it is gone.
- If you have any **inflammatory condition, injury** or have undergone **surgery** in the last 6 months, make sure to inform us before we start the treatment so that we can choose the right techniques for you.
- If you have any pains, sprains, cuts, injuries, scratches, bruises or infections on your body, inform us so that we can avoid the affected areas.
- Inform us if you are menstruating or pregnant (if you are in the **first trimester of pregnancy**, massage is not indicated!).
- Inform us if you have recent fractures, weak bones (or osteoporosis), circulatory system problems (including varicose veins), abnormal blood pressure, diabetes, spine problems, shoulders prone to dislocation... because some techniques should be avoided in these cases.
- If you have been diagnosed with **cancer** ask your doctor first if massage is suitable for you.
- If there is anything else you think we should know, make sure to let us know before the treatment.
- If you are not comfortable lying on your back or on your belly, there is no need to suffer. Just inform us and we will perform most (or all) of the session in the side-lying position or any other position that may suit you.