



Thai Bodywork: Treatments to Stretch, Tone and Promote Wellbeing

Eleanor McKenzie, Niclaire Mann

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The stress of everyday life has you tied in a knot. Your thoughts are jumbled, your body is tense, and your nerves are twisted tight. Loosen yourself up and restore balance to your life through the mental, physical and spiritual benefits of Thai bodywork. Instead of traveling halfway around the globe, you can stay put and still experience all that this rejuvenating treatment has to offer. Use the basic Thai techniques introduced here to stimulate energy flow, increase flexibility, and tone the muscles. A combination of rocking, stretching and breathing exercises soothes your nerves and improves relaxation. Take a well-deserved break from the tension of daily, modern life and enjoy the overall sense of well-being, vitality, and relaxation this world-renowned therapy provides.

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