



THAI YOGA MASSAGE

Thai massage is believed to have been developed by Jivaka Kumar Bhaccha, physician to Buddha, more than 2,500 years ago in India.

It made its way to Thailand, where the Ayurvedic techniques and principles gradually became influenced by traditional Chinese medicine. For centuries, Thai massage was performed by monks as one component of Thai medicine.

Thai yoga massage is an ancient healing art with roots in yoga Ayurvedic medicine and Buddhist spiritual practice. It combines rhythmic massage, acupressure, asanas (yoga stretching exercises) and meditation. It stimulates and balances the flow of healing energy within the body, opening the areas which are blocked bringing the person deeper into balance and harmony for health happiness and wellness of being.

This system creates a powerful release of stress and tension, an increase in vitality and well-being and it deepens the connection between mind body and spirit, in both the giver and the receiver. It allows the therapist to manipulate and move the client without much effort. Every movement is designed to support the patient well being and the therapist. This bodywork is a living expression of compassion loving kindness and healing.

Precautions

Massage is not recommended for certain people:

- infectious skin disease, rash, or open wounds;
- immediately after surgery;
- immediately after chemotherapy or radiation, unless recommended by your doctor;
- prone to blood clots. There is a risk of blood clots being dislodged. If you have heart disease, check with your doctor before having a massage;
- pregnant women should check with their doctor first if they are considering getting a massage. Massage in pregnant women should be done by massage therapists who are certified in pregnancy massage;
- massage should not be done directly over bruises, inflamed skin, unhealed wounds, tumors, abdominal hernia, or areas of recent fractures;

- don't eat a heavy meal before the massage;
- if it's your first time at the clinic or spa, arrive at least 10 minutes early to complete the necessary forms. Otherwise, arrive 5 minutes early so you can have a few minutes to rest and relax before starting the massage;
- be sure that your massage therapist has your complete health history, because people with certain conditions should not have Thai massage;
- if you feel discomfort at any time, let your massage therapist know.

Training workshop for beginner and advance available now at Nicosia and Limassol: every Saturday and Sunday 9:30 a.m. - 16:00 p.m.

for information please call 99-159280

Traditional Prayer to Shivago Komarpaj, the Founder of Thai Massage:

OM NAMO SHIVAGO SILASA AHANG KARUNIKO SAPASATANANG OSATHA TIPAMANTANG PAPASO SURIYA-JANTANG GOMALAPATO PAKA-SESI WANTAMI BANTITO SUMETHASO ALOKHA SUMANA HOMI. (3X)

PIYO-TEWA MANUSANANG PIYO-PROMA NAMUTTAMO PIYO-NAKHA SUPANANANG PINISIANG NAMA-MIHANG NAMO-PUTTAYA NAVON-NAVIEN NASATIT-NASATIEN EHI-MAMA NAVIEN-NAWE NAPAI-TANG-VIEN NAVIEN-MAHAAKU EHI-MAMA PIYONG-MAMA NAMO-PUTTAYA (1X)

Na-a na-wa lokha payati vina-santi (3x)



English Translation:

We invite the spirit of our founder, the father doctor Shivago, who comes us through his saintly life. Please bring to us the knowledge of all nature, that this prayer will show us the true medicine of the universe. In the name of this mantra, we respect your help and pray that through our bodies you will bring wholeness and health to the body of our patient.

The Goddess of healing dwells in the heaven high, while humankind dwells in the world below. In the name of the founder may the heavens be reflected in the world below so this healing medicine may encircle the world.

We pray for the ones we touch, that they will be happy and illness will be released from them.











