

Thai Yoga Massage: Frequently Asked Questions

This document answers commonly asked questions about Thai Yoga Massage at Heritage Community Fitness & Rehabilitation Centre. If you have a question that we haven't answered, please don't hesitate to [contact us](#).

What is Thai Yoga Massage?

Thai Yoga Massage combines assisted movement, acupressure, and massage principles to aid in the relief of painful, tight, and aching muscles while improving the feeling of overall wellness.

Is Thai Yoga Massage similar to registered massage therapy?

Thai Yoga Massage combines deep static and rhythmic pressures as the body is stretched, compressed, pulled, moved, and rocked in a variety of yoga-influenced positions that increase circulation and range of motion. Clients remain fully clothed and no lotions or oils are used in Thai Yoga Massage.

What clothing should I wear?

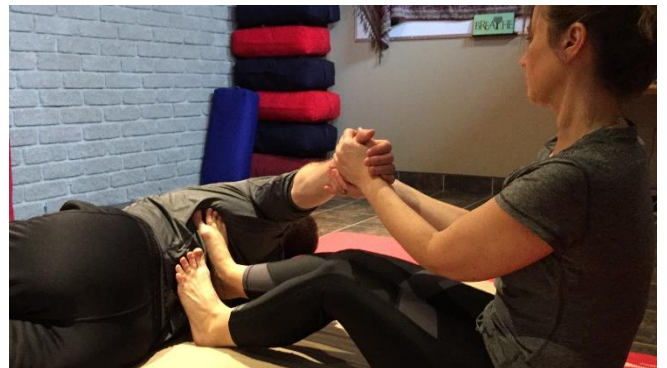
We recommend wearing clothing that provides maximum mobility and comfort for both your upper and lower body. Clothing remains on for the entire treatment.

How does this benefit me?

Thai Yoga Massage provides benefit by stimulating pressure points to open the body's energy pathways, allowing healing energy to flow freely and allowing the body to heal itself. Thai Yoga Massage is a deep, full-body treatment, starting at the feet and progressing up to the head, applying pressure along the Sen (energy) lines. It is the combination of yoga stretching, deep breathing, acupressure, and reflexology that makes Thai Yoga Massage such an amazing healing art.

What is the difference between Thai Yoga Massage, Yoga, and a massage with a registered massage therapist (RMT)?

Thai Yoga Massage has specialized techniques which helps promote a balance of all the body's systems – body, mind, and spirit – to create a complete sense of wellbeing. The Thai approach involves more movement and application of direct pressure on the muscles. Expect to leave feeling relaxed, restored, and rejuvenated.



What conditions does Thai Yoga Massage treat?

The many physical and mental benefits of Thai Yoga Massage include:

<i>Physical Benefits</i>	<i>Mental Benefits</i>
Detoxification support	Improved emotional balance
Improved mobility, posture, and balance	Enhanced focus and creativity
Increased blood circulation	Improved mental clarity
Lower blood pressure	Reduced stress and anxiety
Immune system support	Increased energy and stamina
Improved athletic performance	Increased self-awareness
Arthritis relief	Improved overall health and vitality

What can I expect to happen during an appointment?

Thai Yoga Massage involves movement, stretching, and application of direct pressure. This form of massage involves the client moving through yoga-influenced movements with the guidance of the practitioner.

Clients lay on a padded mat on the floor while wearing loose-fitted clothing. Therapists use their hands, forearms, knees, elbows, and even feet to flex the joints and apply pressure to muscles. There is no application of oil or lotion used at any time.

Thai Yoga Massage moves through poses that engage the entire body. These poses help open the joints to promote energy flow and mobility. Clients control the intensity based on their individual comfort levels.

Are appointments covered by insurance benefits plans?

Not at this time.

Become more attuned with your body and the way it moves and supports you. Deepen the mind, body, spirit connection. Book your Thai Yoga Massage online using our MindBody app or contact us at 613-253-2112.

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