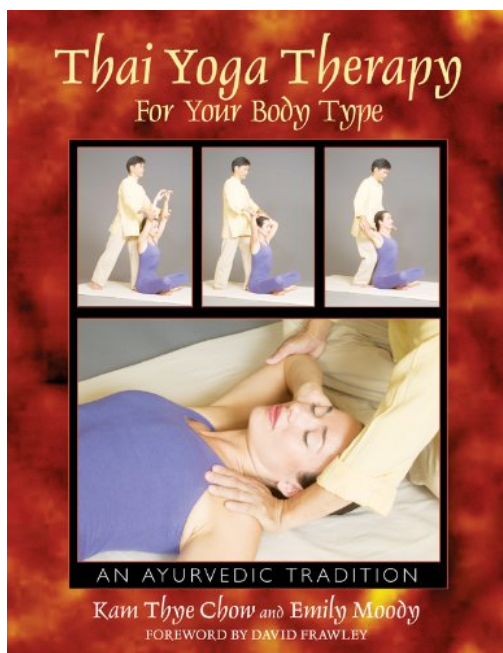


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Thai Yoga Therapy

For Your Body Type



AN AYURVEDIC TRADITION

Kam Thye Chow and Emily Moody

FOREWORD BY DAVID FRAWLEY

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One that makes this publication is strongly reviewed by quantities people is that it gives a different way to utter the significance of this book for the viewers. Easy to check out as well as understandable become one component personalities that people will consider in picking a publication. So, it is very appropriate to take into consideration Thai Yoga Therapy For Your Body Type: An Ayurvedic Tradition By Kam Thye Chow, Emily Moody as your analysis material.

Review

"I found this book to be well-written, easy to understand and follow, and of interest to those practitioners who may wish to expand their practice, as well as those individuals wishing to become a client of a Thai Yoga practitioner." (Bonnie Cehovet, Angelfire, Aug 2006)

Thai Yoga Therapy for Your Body Type presents a thorough and practical exploration of this healing practice. It is highly recommended for all consumer health information collections, particularly those with a focus on complementary and alternative medicine. (Susan Murray, Consumer Health Information Service, Toronto Reference Library, Toronto, Canada)

From the Back Cover

HEALTH / BODYWORK

Thai Yoga Massage is a dynamic bodywork therapy in which the practitioner guides the recipient through a series of yoga postures while palming and thumbing along the body's energy lines and pressure points. Together these actions result in a treatment that relieves muscular tension, improves circulation, boosts the immune system, and balances the body energetically. This unique transformative healing system, which is growing in popularity in the Western world, originated in the temples of Thailand many centuries ago as a blend of yoga, Ayurveda, and martial arts.

In Thai Yoga Therapy for Your Body Type, Kam Thye Chow, one of the foremost practitioners of Thai Yoga Massage and the author of the book and DVD Thai Yoga Massage, and coauthor Emily Moody show how to tailor the practice to the individual needs of each recipient through the application of Ayurvedic principles. The three basic body types described by Ayurveda--vata, pitta, and kapha--each have different physical attributes and energetic needs that respond differently to each Thai Yoga Massage posture. Practitioners learn the Ayurvedic benefits of each posture as well as breathing techniques, diet and lifestyle tips, and the precautions that should be followed to adapt their massage approach to best meet the needs of their clients. More than 50 illustrated, full-body Thai Yoga Massage postures are presented as well as a complete massage flow for each body type.

KAM THYE CHOW, author of Thai Yoga Massage and Tai Chi Chuan: Mindfulness in Motion, is the founder and director of the Lotus Palm School in Montreal. EMILY MOODY is an Ayurvedic educator, yoga instructor, and teacher for the Lotus Palm School and has worked closely with Kam Thye since 1999.

About the Author

Kam Thye Chow, author of Thai Yoga Massage and Tai Chi Chuan: Mindfulness in Motion, is the founder and director of the Lotus Palm School in Montreal. Emily Moody is an Ayurvedic educator, yoga teacher, and teacher for the Lotus Palm School and has worked closely with Kam Thye since 1999.

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