



Thai Massage: Sacred Body Work (Avery Health Guides)

By Ananda Apfelbaum

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Thai Massage, Sacred Bodywork is a complete guide to an ancient practice that benefits body, mind, and spirit.

Interest in Thai massage has been growing rapidly. This is no surprise given its unique multifaceted approach to the body. Thai massage combines acupressure, stretching, reflexology, assisted yoga postures, herbal compresses, prayer and meditation. It benefits everyone. Sometimes called the "lazy person's yoga", Thai massage stretches and relaxes the muscles, increases the joints' range of motion, and balances energy flow throughout the body.

Thai Massage, Sacred Bodywork provides fully illustrated, step-by-step instructions which enable the reader to use this integrative and interactive therapy with a partner at home or with a client. The book explains the historical and philosophical background of Thai massage as well as its religious origins. Throughout the book, Ananda always reminds us of the deeper meaning of this sacred modality—compassion in action. A must for all those interested in the healing arts.

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Editorial Review

About the Author

Ananda Apfelbaum, featured in *TIME* magazine's August 2004 issue, is the author of *Thai Massage, Sacred Bodywork* published by Penguin and Putnam. She also produced the instructional accompanying DVD, *Thai Massage, Sacred Bodywork*. She has been performing bodywork for the past 16 years. Ananda presented Thai massage workshops at the Omega Institute for Holistic Studies in Rhinebeck, NY from 1991 to 2003 and was on staff at Omega's Wellness Center throughout that time. She has also taught Thai Massage elsewhere in the US and internationally.

Ananda is a graduate of the Swedish Institute in NYC. She furthered her studies in Japan, China, and Thailand. After getting introduced to Thai Massage, Ananda decided to specialize in it as Thai massage spoke to her dance and movement background. She trained with several Thai Massage masters in Chiangmai, northern Thailand, especially with Ahjarn Pichest Boonthumme. She is certified from the Old Medicine Hospital in Chiangmai.

In addition to her Thai massage work, Ananda is a writer, documentary photographer, dancer and founder/director of the Tibetan Relief Project.

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