



**BOOK REVIEW:**  
**THAI YOGA MASSAGE**  
Kira Balaskas

After having the pleasure of reading Kira Balaskas's interpretation and introduction of Thai Yoga Massage I found it a complete eye opening experience. This book is clear in the introduction of this unique therapy combining massage, breathing work, acupressure and yoga. You can even see some close references to Reflexology, which as a therapist showed me how well the therapies can work together.

The history of Thai massage was fascinating; the author gives guidance on where to get training and more information should you want to take your introduction to the next level. This book doesn't just show what Thai Yoga Massage can do but the beliefs, the way of life that follows this therapy.

The depth also went through step by step instructions on how to prepare, best practices, the sequence itself, methods of positioning in order to keep your own posture safe and best practise for closing the treatment and looking after yourself as the therapist.

I would not say that I am a supple and 'bendy' person and have found many yoga methods amusing due to this fact however trying some of the techniques in the sequence I can see that this is very hands on but at the same time very relaxing to give as well as to receive and not as hard as it initially may look.

Try out the different methods of breathing, chanting and meditating. I have found these unique techniques very effective even before giving a reflexology treatment to my clients. This book really has the personal touch of the author and the connection of her experience and feelings behind this therapy. A thoroughly enjoyable read, a real page-turner!

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