

Ayurveda and Thai Massage- A comprehensive guide.

Ariela Grodner L.M.T.



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A guide to the 108 hour training offered by Ariela Grodneris covered in this outstanding learning tool. This book contains over 5 hours of applied body work, the complete line system and marma points. It also covers Thai Massage and its roots with the Ayurvedic application. This includes Yogic techniques, understanding of the Vata sub types, different touch techniques for different constitutions as well as life style guide for self maintenance. It covers safety instructions, including contraindications, intake forms and guidelines for creating a safe and professional atmosphere, This is the most complete Thai Massage book available.

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