



Thai Yoga Massage: How to use Traditional Thai Massage, Yoga, and Breathwork for Healing and Spiritual Harmony

Kira Balaskas

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This is a clear, beautifully illustrated full color book that explains the background to this exciting massage therapy and leads the reader through a session: from using chanting and visualization, to preparing to give a massage, to step-by-step instructions on all the important massage techniques and yoga postures.

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