

Body to Soul
Fitness, Inc.



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Thai Yoga Massage by Deb Forbes

Let me define... In this synthesis of Shiatsu massage and Yoga, the recipient lies on a thick mat on the floor, fully clothed, and is guided gently into Thai Yoga postures while the practitioner applies assorted massage techniques along the energy lines of the body. Benefits include deep stretching, relief of muscular tension, increased circulation and increased range of motion.

Sound good? I thought so. So off I went to try this latest form of massage, with Kim Runey, at Spa-tique in Marshfield. I had no idea what to expect. Knowing very little about Yoga, I couldn't quite figure out how this was going to work. All I could imagine was getting a back rub while in the "Downward Facing Dog" pose.

I couldn't have been more wrong. In a nut shell, this was, without a doubt, the greatest massage experience I have ever had. 90 minutes of pure relaxation, stress release, and ultimate bliss. Kim was great!! She was very professional and exceptionally knowledgeable. I knew I was in "good hands" (and feet) when she laid my leg on top of her foot and got my hamstring with her toes. WOW! Some of the yoga poses that I was gently guided into, helped to open up the tighter areas of my hips, allowing for a deeper, and I mean deeper, massage to my glutes and hip flexors, and my inner thighs didn't know what hit em. Other poses stretched my abdominal area, chest, shoulders and back. The massage techniques used while in those poses were both traditional and non-traditional. The increased range of motion in my hips and shoulders was amazing. For me to try to explain this experience in writing does not do it justice. This is one you really need to feel for yourself. I highly recommend putting a Thai Yoga massage with Kim at the top of your holiday list. You so deserve it!!!