



# Traditional Thai Yoga: The Postures and Healing Practices of Ruesri Dat Ton

By Enrico Corsi, Elena Fanfani



## Traditional Thai Yoga: The Postures and Healing Practices of Ruesri Dat Ton

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A complete guide to the ancient technique of Ruesri Dat Ton, also known as Thai yoga

- Presents 60 step-by-step, illustrated exercises for self-healing and balanced well-being
- Reveals the practice and evolution of Thai yoga, said to have originated with Buddha's physician, Jivaka Kumarabhaccha
- Explains how the postures allow individuals to rebalance the flow of energy in the body

Traditional Thai yoga--or Ruesri Dat Ton--is an individual yoga practice rooted in the ancient Ayurvedic tradition. It is comprised of exercises that--like the partnered practice of traditional Thai massage--originated with Buddha's own physician, Jivaka Kumarabhaccha. Enrico Corsi and Elena Fanfani present, for the first time in English, 60 of these postures fully illustrated with step-by-step instructions designed to stimulate self-healing by rebalancing the flow of energy in the body.

Each of the postures works within the *sen* energy system that underlies Thai medicine. Fundamental to the practice is retention of the breath once the body has assumed the desired posture. The practitioner concentrates the breath on the place where the body is storing tension or dysfunction. When the breath is exhaled the body also expels the negative energy, allowing restorative energy to take its place.

The simple yet highly effective postures in *Traditional Thai Yoga* address many common ailments--including physical ailments of the back, knees, shoulders, hips, arms, feet, and neck and more generalized ailments such as nausea and shortness of breath--as well as offering exercises that promote weight loss, longevity, and overall balanced well-being.

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- Sales Rank: #1210607 in eBooks
- Published on: 2008-04-25
- Released on: 2012-05-11
- Format: Kindle eBook



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### Editorial Review

#### Review

" . . . performing some of the postures for several days, I find that there is a heightened sense of comfort during the practice, a contented stillness that arises during practice. Perhaps it's the improvement in blood flow, or the simple, unhurried movement that encourages a sense of peace. Either way, *Traditional Thai Yoga* is highly recommended for yogis and non-yogis, and as a gift for yourself and others." (*Deboarh Adams, Curled Up With a Good Book, July 2008*)

"Each posture works the *sen* energy system of Thai medicine, and the postures here are solutions to many common ailments of the back, knees, hips, and neck. The exercises promote weight loss and circulation improvement too; any New Age collection strong in yoga techniques will want this photo-packed visual introduction." (*The Midwest Book Review, Aug 2008*)

#### From the Back Cover

#### EXERCISE / HEALTH

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The simple yet highly effective postures in *Traditional Thai Yoga* address many common ailments--including physical ailments of the back, knees, shoulders, hips, arms, feet, and neck and more generalized ailments such as nausea and shortness of breath. As a whole, the exercises promote weight loss and improve flexibility, muscle tone, and circulation, providing an overall sense of balanced well-being.

ENRICO CORSI and ELENA FANFANI received their degrees in traditional Thai massage from the Wat Pho temple in Bangkok, Thailand. Enrico is the founder of the Accademia di Massaggio Tradizionale Thailandese in Milan, Italy, and travels to Thailand at least once a year to pursue advanced studies in traditional Thai healing arts. Elena also visits Thailand frequently to study Thai medicine and Thai herbalism, with a special emphasis on healing for women and children. Both authors live in Milan, Italy.

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