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*Traditional Thai Yoga  
The Postures And  
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Ruesri Dat Ton  
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Enrico Corsi Elena  
Fanfani*

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practitioner used thumbs, palms, forearms, elbows, knees and feet to create a thoroughly relaxing and healing experience for the recipient. During a Thai Massage the joints are gently opened, the tendons and ligaments are stretched, internal organs are toned, and overall energy is balanced and restored. Traditional Thai Massage - Ashtanga yoga studio We call it Thai yoga therapy because it includes many yoga postures along with the massage like forward bends, backbends, cobra locust, and etc.

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## TRADITIONAL THAI YOGA THE POSTURES

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