

Yoga Spa - Thai

Kristen McQuillin



1. Music • Sangita

Set the mood with relaxing Thai massage music.



2. Head Massage

Begin with a gentle head massage. For example:
Run your fingers through your hair from front to back
"Shampoo" your scalp
Tap your fingers lightly all over your head



3. Face Massage

Continue with a face massage. For example:
stroke lightly from the center of the forehead to the temples, then bridge of the nose outward, under the nose, under the lips, chin.



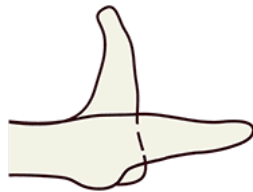
4. Constructive Rest

Settle onto the floor with your back flat.



5. Full Body Stretch

Stretch out completely and play with your muscles to activate legs, belly, chest shoulders and arms



6. Flex and Point

Flex and point your feet to stretch your ankles



7. Crossed Foot Press

fold one foot over the other and push down gently to stretch the lower ankle. Switch sides



8. Left Side



9. Half Wind Release

Pull your knee in close to your chest. Hold for five breaths



10. Half Happy Baby

Grab the foot and pull it up, with your knee toward the outside of your body. Hold for five breaths



11. Supine Tree

Place the foot against the inner thigh, guiding the knee toward the ground



12. Spinal Twist

Lift the knee over the body into a twist



13. Knee Circles

Bring both knees together and rotate in both directions

O.S.

14. Repeat on Right Side

Repeat the poses on the right side



15. Legs Up

Hold your legs in the air (or against a wall) for at least ten breaths



16. Plough Variation

Grab your feet and pull them over your head. Hips lift off the ground



17. Windshield Wipers

From constructive rest pose, drop your knees side to side



18. Paused Wipers

Drop your knees to one side, lift the lower foot and set it on top to deeply stretch the hip. Repeat on the other side.



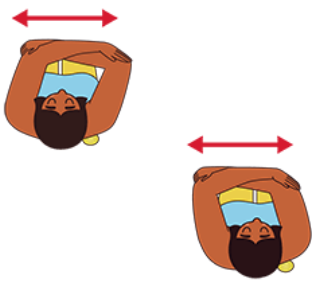
19. Armpit Massage

From full body stretch, lift one arm up and over head to the floor. Use the opposite arm to press into the armpit and upper arm. Repeat on the other side.



20. Constructive Rest

Return to constructive rest pose



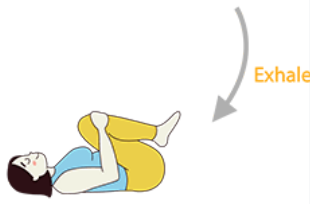
21. Side to Side Shoulder Stretch

Grab both elbows or forearms (like riding a magic carpet) and shift arms from side to side



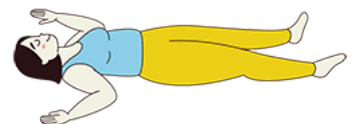
22. Upward Warm Stretch

Release elbows and left arms high. Pulse arms up and down to activate shoulders



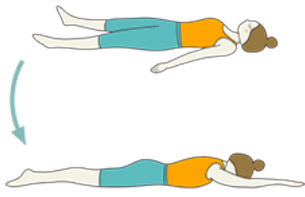
23. Full Body Stretch

Return to full body stretch



24. Goddess Arms

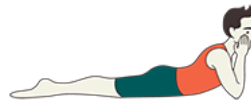
Bend your elbows and slide your hands down along the floor to form a W or goddess/cactus arms. Tuck your shoulder blades under.



25. Corpse Pose To Reverse Corpse Pose Flow • Savasana Advasana Vinyasa
Roll over onto your belly



26. Crocodile
Stack hands under your forehead. Hold for five breaths



27. Crocodile Pose On Elbows • Makarasana On Elbows
For the next three poses, go only as far as feels comfortable. Begin by lifting your head and supporting your chin in your hands and elbows



28. Sphinx
Shift your pose to sphinx pose by positioning your elbows under shoulders, placing your hands on the ground and puffing out your chest



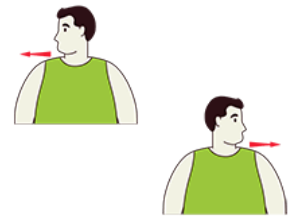
29. Cobra
Bend deeper, coming into Cobra by keeping your hips on the ground and straightening arms



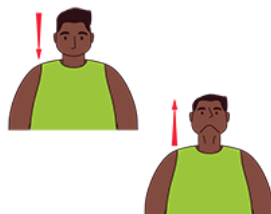
30. Child Pose • Balasana
From any of the three previous poses, fold yourself into Child Pose with arms at your sides or ahead as you prefer



31. Hand Massage
Hand massage as you wish. For example:
Press the palm of your hand in circular motions
Pinch the web between the thumb and fingers
Squeeze each finger



32. Neck Twist (left-right)
Gentle version: Turn your head from side to side, keeping chin level. Connect to your breath
Deeper level: use your hands to guide your chin into a deeper twist. Be gentle



33. Neck Bend (up-down)
Gentle version: Lift and lower your chin to stretch the throat and the back of the neck
Deeper version: place interlocked fingers on the back of your head as your chin comes down; reverse with interlocked fingers to guide your chin up



34. Foot Massage
Foot massage as you wish. For example:
Press the sole of your foot in circular motions
Pinch along the outside of the foot from heel to pinky toe
Squeeze each toe