



Fact Sheet **Chaan Thai Yoga Therapy**

Company: Chaan Thai Yoga Therapy provides the traditional medical massage of Thailand, or Thai Massage, in a traditional Thai spa setting. At Chaan, clients experience the natural feel of authentic Thai Yoga Therapy techniques that have been passed from generation to generation by treating the body, mind and spirit as one.

Services: Chaan offers treatments that range from the Thai Yoga Therapy that improves circulation and detoxification through Aromatherapy Therapy with pure essential oils for those who are seeking the ultimate in luxurious and pampered living. Thai Yoga Massage is typically 60 minutes to two hours in length. Guests wear comfortable spa wear provided by Chaan.

Practitioners: Chaan is owned and operated by Nid Tositrakul, certified and trained in Traditional Thai Massage and instruction in both the United States and Thailand. Chaan Thai Yoga Therapy's five practitioners are traditionally trained in Thai massage, most of whom are graduates of Wat Pho, the preeminent school worldwide for Thai massage.

About Thai Massage: Thai Massage is a highly specialized combination of yoga stretching, pressure point massage, deep tissue or sports massage, and traditional relaxation/soothing massage unlike "salon" or Western massages. Known as the "lazy man's yoga" the practitioner's goal is to guide the guest to help improve flexibility, stimulate blood circulation and relax body tension, thus creating balance and harmony to one's body. Many people have incorporated Thai Yoga Therapy into their preventative health practices and are enjoying its lasting effects.

Hours: Daily from 10:00 a.m to 8:00 p.m. Sessions are available by appointment only.

Address: 8300 Arlington Boulevard, Suite C3, Fairfax, VA 22031. (On the service road off Arlington Boulevard at the intersection of the Capital Beltway and Route 50.)

Phone: 703.846.8228

Website: www.chaanthaiterapy.com

History of Thai Massage:

Thai Massage is one of the world's oldest healing modalities and originated along with the introduction of Buddhism more than 2,500 years ago. Its founding father was Shivago Komarpaj, a close associate of the Buddha. Early in its development Thai Massage found its way to Southeast Asia where, for centuries, it was performed by monks as one element of indigenous Thai medicine. The Thai people, like many Asian cultures, saw illness as an imbalance in the body/mind/spirit and they would seek help at the local temple.

While its evolution is clouded by the passage of time and the lack of written records, one can see that it is greatly influenced by yoga and traditional Chinese medicine from the movements, and attention to pressure points (similar to the meridians of Chinese medicine).

To preserve this ancient art form, past practitioners have scribed the medical technique into stones. These inscriptions can be found within the walls of the Wat Pho Temple in Bangkok Thailand, known for its giant statue of the Reclining Buddha.