



# Self-Massage and Joint Mobilization of Traditional Thai Yoga



**“Reusi Dat Ton” Part I**

**HANDBOOK**

by **David Wells**

David Wells

Self Massage and Joint Mobilization of Traditional Thai Yoga: Reusi Dat  
Ton Part 1 Handbook (Volume 1)



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Figure out how to reduce joint pain and stiffness and muscle aches and pain naturally with this fully illustrated, step-by-step guide to the Self Massage and Joint Mobilization Methods of Traditional Thai Yoga exercise "Reusi Dat Ton," the original holistic self-care system of Thailand. This gorgeous reserve reveals for the first time both lore and wisdom of these ancient practices. These gentle low-impact techniques will assist you to:

- Reduce joint discomfort and stiffness
- Ease muscles aches and pains
- Improve flexibility and range of motion
- Reduce neck, shoulder, back, hip, and knee discomfort
- Improve circulation
- Boost your energy and vitality
- Reduce stress
- Increase your mobility and pain-free movement during your daily activities
- Spend less by learning how to give yourself a "full body Thai style therapeutic massage"
- Improve your massage skills by learning the system which is the origin of "traditional Thai therapeutic massage"
- Deepen your yoga knowledge and practice by studying this small known yoga tradition from Thailand.

The exercises help me to prepare my body for the day, identify restrictions and restrictions in my own body and balance my energy. "I have been performing the Thai Yoga Joint Mobilization exercises almost daily for six months now. My stability and strength possess improved immensely. It offers literally given me my entire life back! I am so pleased to have all of this information at my fingertips as I grow older." Jo Jensen, LMT "Thai Yoga "Reusi Dat Ton" offers healing practices that are as near magic as I've ever gotten! I use Thai Yoga to relieve tension headaches, reduce throat and shoulder tension and discomfort, improve a chronic back damage by mobilizing the reduced back again and hips and releasing the accompanying muscle tissues with self-therapeutic massage. After an enlightening introduction to traditional Thai yoga, Wells dives into step-by-step guidelines and color photos enabling you to start practicing these techniques on your own. I have gone from almost disabled to fully functional and can function and play like I did when I was a man. Because of David Wells for this properly researched and meticulously detailed manual. As a massage therapist and yoga instructor the task has become an important daily practice for me personally and something that I share with my clients. The thorough guide stays true to its traditional roots, serving as a rich resource to yoga learners, massage therapists, and all people who want to improve their health insurance and vitality. The self-massage practice gives me a soothing method to treat those problems and heal myself. They are simple exercises, postures, and other tools that bring energy, relieve joint pain, sore muscles, and back again pain while improving both flexibility and range of motion. I also discover the practice to lessen stress and boost energy. Most important Thai Yoga is really fun and feels great. I recommend this practice for everyone!" Jennifer Vanderburg, LMT "Thai Yoga Joint Mobilization is part of my own daily practice then one We recommend to all or any my clients for keeping joints open and completely function. It can be practiced standing up or seated, making it available to people at any level of wellness." Jill Strong-Harman LMT, Founder/ Director Yin Thai Somatics "Thai Yoga did more to free me personally from pain than anything else I've ever tried. For most of my adult existence I endured crippling back again, neck and joint discomfort due to several accidental injuries. I am self-adequate and grasp of my physical health for the very first time in my adult lifestyle." Carol Sullivan, PhD, E-RYT "Thai Yoga is a wonderful gift which includes truly improved my life! Now following a year . 5 of daily practice of the joint mobilization exercises, I've without any pain and every muscle tissue feels energized. It can help

relieve the morning stiffness that is included with aging.” James Galusha



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David Wells' techniques WORK. Thank you for the free sample; I'd never done any yoga before, but when I had a car accident (got rear ended by a truck doing 55mph) and was struggling with back issues (I've had back pain for 10 years) that the accident exacerbated. Having been in David's class, his teachings have influenced my own work and personal practice for years, having this guide is priceless. He never mentioned that he had a book. I found this book online while I was doing research. I have a chronic low back injury and my work is very physical. Bottom line, my back problems were eased by his program. The book itself is easy to follow with good pictures and a very informative introduction to the practice. David has made systematically learning the tried and true ways of the ancients readily available. This is not a miracle cure. It took time and dedication. But in the end, I find myself stronger and more flexible than I have been in 10 years.. If you are looking for tools to empower yourself on your journey to a better, stronger, and healthier back, then this book is for you. If you are a yoga teacher, your students need this book. A vibrant yogic tradition & I am looking fwd to the other volumes in the series as they come out ... David has devoted the better part of a lifetime to the practice & documentation of Reusi Dat Ton as a vibrant yogic tradition & meh mediocre at best. joint mobilization techniques that are as potent as they are gentle ... so it's wonderful to have them mapped out here in this lovely ... I am a Thai medicine instructor and researcher and can attest that this book is the real deal.. The self massage and joint mobilization components of reusi da ton are almost never taught, so it's wonderful to have them mapped out here in this lovely little book. I look forward to the rest of the series! Traditional and Relevant I can honestly say Ruesi Dat Ton has transformed my yoga practice, my body and my life. As a Thai Massage practitioner I find the self massage and range of motion exercises so beneficial & David Well's new book is a huge gift to those of us who practice Thai Massage. I have daily watched other students benefit and complete recovery using his techniques. These techniques have helped me maintain flexibility, strength, range of motion, as well as a sense of calm. David's thorough research, attention to detail and respect for traditional wisdom really come through in this text with a delightful intro & history and detailed, easy to follow illustrations for home practice. I find it fascinating how a little known, ancient practice can be so relevant and potent today. I was actually looking for something just like this to do every morning. Timeless David Wells has brought the ancient teachings of Reusi Dat Ton to new life! With the numerous photographs accompanied by clear instruction, this great art can be a therapeutic asset for anyone. Amazing book and amazing author job for passing on amazing . But how to become more mobilized and pain free can be overwhelming when there are so many promised quick fixes out there. I had to pick a joint mobilization and a self massage to perform each night. The history presented is rich, and the gentle massage and joint movement is rewarded by increased circulation, energy and vitality. There is a spiritual sense while embodying these movements, a form of communicating with ourselves Starting at the beginning, following step by step, the movements feel natural, like it was always supposed to be this way. Dave taught the techniques included in this book every day. David Well's book is a huge gift to those of . A true gem and treasure for the West David Wells is a true student of yoga in the best sense. Great information! therapeutic, like giving myself a Thai Massage. my LMT teacher gave me the tip and I am stoked to have this in my library.. AN EXCELLENT ADDITION TO ANYONE'S LIBRARY OF HEALTH AND SPIRITUALITY. It's a must have for anyone who is interested in restoring the real Thai healing traditions. I'm so grateful to David Wells for his dedication to the practice and for publishing this book! I'm trying this! Thank you for sharing this work and helping to keep the knowledge alive. I found the history at the beginning interesting and informative and I can't wait to try the stretches. This is

just the kind of thing I would buy in a webinar or video. PRACTICAL AND VERY USEFUL GUIDE TO ANCIENT HEALING TECHNIQUES THIS BOOK DELIVERS A VITAL CONTRIBUTION TO ONE'S PHYSICAL, MENTAL, AND SPIRITUAL WELL BEING. THE AUTHOR BRINGS US THE ESSENCE OF TRADITIONALSALMOST LOST TO US. THESE ANCIENT THAI YOGA TECHNIQUES ARE CLEARLYPRESENTED WITH PROFUSE DEPICTIONS OF POSTURES AND EXERCISES TAKENDIRECTLY FROM SACRED SCRIPTURES. Useful, clear book. As a Thai Massage therapist myself, I believe that understanding this system of self healing lends deeper insight into doing Thai bodywork. system of self-care ... The present volume offers a thorough, well-illustrated introduction to self-massage &. He is dedicated to the preservation of this little known modality of yoga from Thailand. He has studied with true masters and put in tremendous effort to bring this material to a wider audience in a genuine and authentic way. This is something we have needed and are benefiting from these days movements. I look forward to more of your books! Easy to Follow Photo Instructions Not only instructive and thorough but includes beautiful photos of ancient sculpture and drawings of the poses. I highly recommend this book to beginners with no experience or those with some background--You will learn and feel great!.!y enjoying going through these movements and massages. Thanks David for providing us with this amazing resource. These are great! All of these wonderful reviews are true and may I add if you .. Thai reusi da ton is a very important aspect of Thai healing arts, and may be where Thai massage comes from. All of these wonderful reviews are true and may I add if you get a chance to study with him in person definitely do \*---;! I wanted to use the book for a while before I posted a review. Folks, this works. My joints don't crack as much and I feel more fluid. Plus it is peaceful and a meditative way to take care of yourself. After each session, Dave assigns "homework" from the "Reusi Dat Ton". Highly recommended! As a practicing Thai Massage Therapist and Yoga Instructor, I've seen physical restriction adversely impact perception, intuition, and self confidence. but also talks about how the practice is the oldest origins of traditional Thai massage. I was able to stop using pain medications after just a few months with Dave. Amazing book and amazing author job for passing on amazing ancient knowledge on self healing, Thai traditions and Thai massage!!! I absolutely love this book and look forward to read part 2! We are real!- This works! system of self-care adaptable to modern needs ... Having attended the author's workshops, I'm very glad to see this manual in print &3 Fantastic insight into Thai Traditional Self Care! ORIGIN, PROVENANCE, AND HISTORYOF THESE THAI SCRIPTURES IS INCLUDED. Loved the pictures and the slice of history. I bought this book about 7 months after I started Yoga class where David Wells was the teacher. This book shares the practices of Reusi Da Ton;}



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