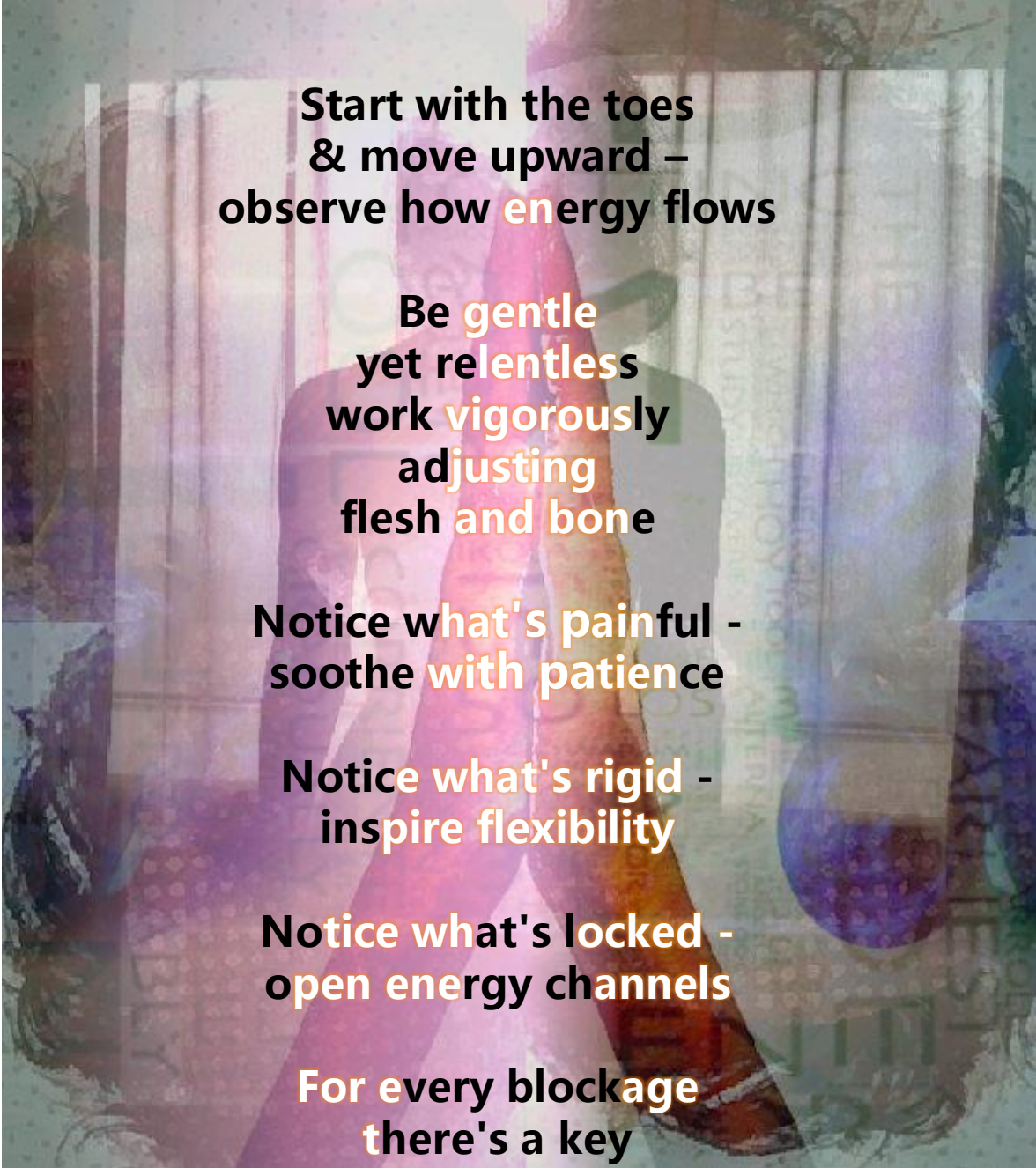


THAI MASSAGE:

Principles for Bodywork



**Start with the toes
& move upward –
observe how energy flows**

**Be gentle
yet relentless
work vigorously
adjusting
flesh and bone**

**Notice what's painful -
soothe with patience**

**Notice what's rigid -
inspire flexibility**

**Notice what's locked -
open energy channels**

**For every blockage
there's a key**

- T Newfields

Begun: 2005 in Nagoya, Japan \triangle Finished: 2012 in Tokyo, Japan

