

Thai yoga massage is meditative

A masseur seeking to remove imbalances needs to maintain balance in their own life.

‘I meditate while I massage; it’s a Buddhist practice called “metta” or loving-kindness,’ says Jamie Kennedy. ‘For me it not only honours the historical tradition that goes back to Shivago (who is said to have treated the

Buddha and his Sangha at one time, and is revered as the founder of Thai yoga massage), but it makes the massage much more effective.

‘The meditative state

allows me to be more acutely aware of subtle feedback that I receive, therefore it is easier to be aware of the areas needing release and the depth to which the person is willing to go in order to achieve that release. Working with the breath establishes a level of trust, as the body relaxes it guides the massage.

‘Massage is something I enjoy doing. I prefer to see it as a practice, not work,’ says Jamie.

Although Jamie works from the Alchemist Lounge in Federal, he will also come to clients. ‘Massage does not have to take place in a clinical space,’ he says, ‘and sometimes, at the end of the massage, people like to stay relaxed instead of having to drive home.’

FB byronhinterlandthaiyogamassage

