

# THAI ACUPRESSURE SUPPORT GUIDE



BY [TRADITIONALBODYWORK.COM](http://TRADITIONALBODYWORK.COM)

# Table of Contents

---

<b>Preface</b>	<b>3</b>
<b>Thai Acupressure Points Concepts</b>	<b>4</b>
What Is Acupressure? .....	5
Reflexology and Acupressure.....	8
What Is Thai Acupressure? .....	12
Thai Acupressure Points   Origins and History .....	14
What Exactly Is a Thai Acupressure Point? .....	17
Thai Acupressure   Does It Really Work? .....	20
Trigger Points versus Acupressure Points.....	23
Thai Pressure Points vs. Marmas and TCM Acupoints.	27
How Many Thai Acupressure Points Are There? .....	30
Primary Locations of Thai Acupressure Points .....	32
Thai Acupressure Protocols .....	36
Thai Acupressure and Thai Massage .....	38
How to Give Thai Acupressure? .....	41
Opening the Wind Gates   Blood Stops .....	46
Sen Line Charts and Acupressure Points .....	49
Sen Line Starting and Termination Acupoints.....	51
<b>Supplement</b>	<b>55</b>
Sen Energy Lines   Foundation of Thai Massage .....	56
Ayurveda and the Thai Healing Arts .....	59
Chakras   Prana Distribution Centers .....	62
Lom Pran   Vital Life Force .....	68
Meridians   Traditional Chinese Medicine (TCM) .....	70
Yoga Nadis   Life Force Energy Channels .....	74
<b>Appendix</b>	<b>78</b>