



Thai Bodywork School  
of Thai Massage

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#### NOTES FOR EDITORS

## RESOURCE PACK: Thai Bodywork Fact Sheet

### About Chuck Duff & Thai Bodywork School of Thai Massage:



Chuck Duff became interested in Hatha yoga, eastern philosophy and Buddhism as a teenager. He received his BA from the University of Chicago, where he was the first student in a newly instituted multi-disciplinary program entitled Religion and the Humanities. His studies there focused on a comparison of Buddhist and yogic models and western psychology.

Chuck founded Thai Bodywork School of Thai Massage in 2001. Since then, he has trained hundreds of basic and advanced practitioners in traditional Thai Massage. His teaching integrates his extensive background in Buddhist studies, martial arts, yoga, and western clinical approaches to give his students a unique understanding of body mechanics, movement without effort and use of core energy in healing.

Chuck joined the faculty of Pacific College of Oriental Medicine in 2003, where he teaches Thai massage within the Oriental Body Therapies program.

Chuck developed and taught the first course in Clinical Thai Bodywork, a highly effective therapeutic modality, in 2005.

Thai Bodywork, Inc. is an Approved Provider of Continuing Education with NCBTMB, ABMP and AMTA.

Chuck Duff is an ITTA-certified Instructor.

### About Thai Yoga Massage:

**Brief history of Thai Massage:** Traditional Thai Massage has evolved over 2,500 years from the ancient healing traditions of Ayurveda and Thai Buddhism and has been handed down from teacher to student since 300BC.

Part of a uniquely Thai medical tradition involving diet, physical exercise, spiritual healing, the use of medicinal herbs and therapeutic massage, Traditional Thai Massage, also known as Nuat Thai, Nuad Boran or Thai Yoga Therapy, is a therapeutic bodywork technique that dates back thousands of years.

**How Thai Yoga Massage works:** By applying gentle pressure on specific energy points, toxins and waste materials are released from joints, muscles and connective tissue, and internal organs are stimulated.

**What it involves:** The practitioner uses hands, feet, arms, and legs to guide the recipient through a series of yoga postures involving fluid movements, gentle stretching, and breathwork. Performed on a floor mat in comfortable clothes, this assisted yoga creates a therapeutic "dance" incorporating rhythmic motion and palming and thumbing along energy lines to invoke emotional calming and deep relaxation.

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## RESOURCE PACK: ImageCD

## NOTES FOR EDITORS

### DVD SCREENSHOTS



**DVD\_COVER.jpg**  
Thai Massage: An Introduction for the Mat and Table DVD Cover High Resolution Image



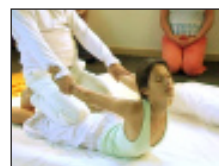
**SCREEN1.jpg**  
A frame from the DVD in which Chuck Duff shows placing the client into Side Position.



**SCREEN2.jpg**  
Chuck shows a shoulder technique with the model in Side Position.



**SCREEN3.jpg**  
Chuck demonstrates a seated, Commoner style technique using the feet to work the back lines.



**SCREEN4.jpg**  
Chuck Duff shows the kneeling assisted Cobra pose



**SCREEN5.jpg**  
A psoas stretch from the Northern style, using the knee to stabilize the lumbar spine



**SCREEN6.jpg**  
Chuck demonstrates running thumbs technique on the central Sen line of the medial arm



**SCREEN7.jpg**  
Chuck shows a foot reflexology technique from the DVD



**SCREEN8.jpg**  
A Clinical Thai Bodywork technique treating the subscapularis and serratus anterior

The accompanying THAI BODYWORK ImageCD contains the following images supplied as RGB JPG files @ 300 dpi for editorial usage only.

### THAI BODYWORK SCHOOL



**CHUCK\_DUFF.jpg**  
Chuck Duff, Founder of Thai Bodywork School



**BODYWORK\_STUDIO.jpg**  
Thai Bodywork's beautiful Evanston Studio



**CHIANG\_MAI.jpg**  
Rice field in Chiang Rai province, Thailand



**TEMPLE.jpg**  
Temple in Chiang Mai, Thailand



**THAI\_BUDDHA.jpg**  
Procession of the Buddhas during Songran festival, Chiang Mai, Thailand, April 2006

### THAILAND STOCK PIX

### THAI MASSAGE TECHNIQUES



**TY1.jpg**  
Chuck Duff shows a variation of the assisted Cobra pose that allows for a deeper backbend



**TY2.jpg**  
Chuck demonstrates a northern pose that combines extension with an inversion.



**TY3.jpg**  
Chuck shows proper body mechanics in a combined hip stretch and lateral leg line palm pressure



**TY4.jpg**  
Chuck Duff demonstrates a supported backbend over the knees



**TY5.jpg**  
This pose combines external rotation of the leg with spinal rotation