

# Thai Yoga Massage 3: Certification Case Study

This case study will provide you with an opportunity to demonstrate your comprehension of the material from Thai Yoga Massage 3.

Using the 2 session treatment plan please provide the following information:

- Assessment of the Doshic constitution
- Massage approach –pressure, tempo and emphasis for specific postures and vayas.
- Life Style tips
- Yoga Postures

Recipient: RG  
Age: 32  
Sex: Male  
Height: 5'9  
Weight: 175 lbs  
Occupation: Massage Therapist  
Present issues: Fatigue, some feelings of lack of motivation lately, slight depression

RG is a massage therapist but also teaches yoga. He is also a fitness instructor and works at 3 locations. He is on the tall side with soft skin but is fairly muscular, though as he says, he's been putting on a little around the middle. His hair is blondish with a bit of red and he has large brown eyes. He is involved with many sports, plays baseball and coaches a little league team. He loves to be busy and though he normally has a lot going on, he is well known for his ability to go and go. His favorite time to go to bed is after midnight but he often has difficulty getting up in the morning. Lately he is feeling less motivated at work and hasn't felt like going to baseball. He feels that he has been eating a lot more to keep up his energy and is feeling heavy. Instead of making his own dinner, he has taken to ordering out more and more. He also has been feeling somewhat depressed.

Dosha(s):

Appropriate massage approach:

Vayus to be engaged:

Thai Yoga Massage variations to include during the massage:

Yoga Postures / Approach for home practice: