

Thai Yoga Massage 4: Certification Case Study

This case study will provide you with an opportunity to demonstrate your comprehension of the material from Thai Yoga Massage 4.

Using the 4 session treatment plan, please provide the following information:

- Assessment of the Doshic constitution
- Massage approach
- Applicable Marma Therapy
- Life Style tips
- Yoga Postures

Chart it out as a real person – what changes are you seeing and what is your approach each session.

Recipient: D. G.
Age: 24
Sex: Female
Height: 5'7
Weight: 107 lbs
Occupation: Small Business Owner (Pet Store)
Present issues: Anxiety, feeling that life is hectic and too busy, lack of focus and concentration

D. G. is a very slim woman with moderate bone density. She is 5'7" and weighs just 107 pounds. She has lost 15 pounds in the last 18 months and enjoys her petite figure. Her skin is moderately thick. Her hair is dry, fine and scanty. Her face is angular and her eyes are deep set and penetrating. She has excellent musculature. Her tongue is moderate in size.

Prior to five months ago she recalls having nice ordinary hair. Her history reveals that there have been no major illnesses or traumatic events that she can recall during her life. She is taking no medications. Further history reveals that she has excessive gas and occasional constipation have been present for about two years. She has always slept well, and her appetite is always regular. She eats three meals a day consistently and occasionally snacks. She also drinks 3-4 cups of coffee per day.

She is a person who makes quick decisions, finishes what she begins and enjoys a challenge. In observing her responses to questions she appears to be hard on herself as she accepts only her best and gets angry when she makes mistakes. Lately she has been making more mistakes than usual. "It's like I've become a ditz" she says. "Sometimes I feel like I can't concentrate."

Upon examination of her routines, she enjoys long distance running and, in fact, runs about 5 miles, 4 times per week. She has been doing this for the past year. In addition she wakes up around 7 and goes to bed around 1. This always been her adult pattern of waking/sleeping.

Dosha(s):

Appropriate massage approach:

Vayus to be engaged:

Thai Yoga Massage variations to include during the massage:

Yoga Postures / Approach for home practice:

Marma Therapy Approach:

Life Style Tips: