

"THAI MASSAGE FOR HORSE RIDERS"

Let's know something related with the Thai massage.

What is Pilates?

It's a traditional massage from Thailand. It is believed that it appeared 2500-3000 years B.C. The founder was Jivaka Kumar Bhaccha

Technique.

The massage combines Yoga, pressures on different body areas and stretching. The rhythm is slow and constant.

The massage tries to act over ten main "energetical lines" of the body.

Benefits

The horse rider can reduce the pain and tiredness, improve the joint work and the breathing work, and increase the stretch of muscles and tendons with this massage.

Contraindication

It is better to avoid this kind of massage if the horse rider suffers high blood pressure, has open injuries, herniated discs, osteoporosis or is pregnant.



Watch the video bycatching the QR code
or visit
<https://youtu.be/10YVX57s4qk>

Quiz section.
Check it with your class mate

A: Who was the creator of this massage.?

B: Is the increase of strength a benefit of this massage?

C: Name a couple of contraindications?