



# Traditional Thai Yoga: The Postures and Healing Practices of Ruesri Dat Ton

*Enrico Corsi, Elena Fanfani*

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A complete guide to the ancient technique of Ruesri Dat Ton, also known as Thai yoga

- Presents 60 step-by-step, illustrated exercises for self-healing and balanced well-being
- Reveals the practice and evolution of Thai yoga, said to have originated with Buddha's physician, Jivaka Kumarabhaccha
- Explains how the postures allow individuals to rebalance the flow of energy in the body

Traditional Thai yoga--or Ruesri Dat Ton--is an individual yoga practice rooted in the ancient Ayurvedic tradition. It is comprised of exercises that--like the partnered practice of traditional Thai massage--originated with Buddha's own physician, Jivaka Kumarabhaccha. Enrico Corsi and Elena Fanfani present, for the first time in English, 60 of these postures fully illustrated with step-by-step instructions designed to stimulate self-healing by rebalancing the flow of energy in the body.

Each of the postures works within the *sen* energy system that underlies Thai medicine. Fundamental to the practice is retention of the breath once the body has assumed the desired posture. The practitioner concentrates the breath on the place where the body is storing tension or dysfunction. When the breath is exhaled the body also expels the negative energy, allowing restorative energy to take its place.

The simple yet highly effective postures in *Traditional Thai Yoga* address many common ailments--including physical ailments of the back, knees, shoulders, hips, arms, feet, and neck and more generalized ailments such as nausea and shortness of breath--as well as offering exercises that promote weight loss, longevity, and overall balanced well-being.

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