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Tok-sen Therapy

Traditional Thai Lanna Tok Sen Massage



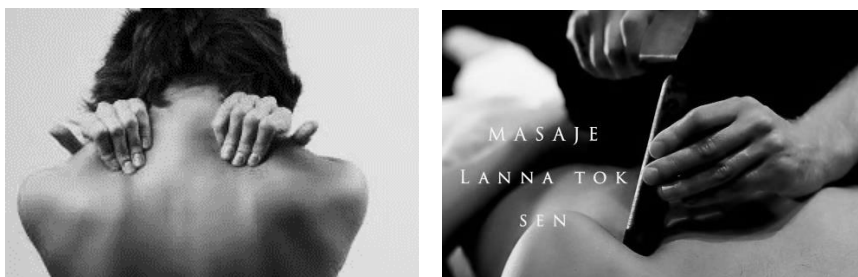
Tok Sen means "take off energy lines" in Thai. In other words it is a technique to clear blocked energy. An ancient form of therapy using a special wooden instrument to tap away the negative energy and ease muscle tension. It uses mechanical and sound vibration, working deeply through the fascia and muscles.



This unique healing modality is found only in the Chiang Mai area of Northern Thailand (Lanna). Tok Sen is thought to date back over 5000 years, and was developed in Lanna while acupuncture developed in China. It is an energetic healing modality and is still practiced in the country areas, where farmers receive Tok Sen from family members after working in the fields all day.

The wedge can be tapped on a single point, in segments, tracing a line. The manual pressure and stretches are often applied at the beginning or/and end of a massage sequence.

While the stretches seek to loosen up the body, **the intense vibrations of the Tok Sen instruments** work on our energy as well as physical level, reaching deep inside, healing us from within.



Any blockage in this information network will cause disease and pain.

Tok Sen Benefits

Just a few of the advantages of this ancient Thai massage together with tok sen are increased circulation, relief from stiff and tight muscles, improvement of nerve functions. The main function of this treatment relates to the tendons and specifically the muscle-tendon meridians, reflecting blockages in the classic meridians. The vibrations in the tendons, using the special wooden tools to the appropriate areas on the body, opens the meridians, loosens both the tendons and the muscles, also improving blood circulation.

Information from

- Master Mantak Chia founder of Tao garden Thailand <http://tao-garden.com/>
- Tok sen Bann Kru Dau <https://www.facebook.com/toksenkrudao/info/?tab=overview>
- Thai Massage school of Chaingmai Thailand
http://www.tmc.school.com/field_training.php

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