

* Stretch Therapy *

bodywork for the relief of
chronic stress, tightness,
muscle and tendon pain



Guy Harriman

- Yoga teacher with 25 years of yoga experience, certified yoga therapist
- Thai massage expert, with 6 months training in Chiang Mai, Thailand since 1998
- Massage therapist since 1996, specialist in trigger point, reflexology, deep tissue, and craniosacral
- Yoga, chi gong and reiki teacher
- On site massage since 1998
- Owner of Healing Center in Sunnyvale since 1996

Stretch therapy derives from Nuat Thai (Thai bodywork) and yoga therapy, a healing modality developed by T. K. V. Desikachar, combined with reflexology and trigger point release therapy.

Stretch therapy sessions are done with the client fully clothed, using either a massage chair for 15 minute or 30 minute sessions, or a mattress on the floor for 30 minute, 60 minute or 90 minute sessions. The massage chair is ideal for arm, shoulder, neck and upper back work. The mattress is traditionally used in Thailand and is suited for any problem area, including lower back and legs.

Nuat Thai itself comes from Buddhist bodywork, dating back over 2500 years, which was combined with yoga stretches in the sixth century C.E. Nuat Thai is still used as a healing modality in northern Thailand. The city of Chiang Mai is the leading center for Nuat Thai. There are still traditional hospitals in Chiang Mai where the only form of treatment used is Nuat Thai.

Nuat Thai uses no oil or lotion, but instead uses applied pressure to points on the Thai energy system (based on the meridian lines). The use of these pressure points, along with the twists and stretches of yoga, is a deeply healing approach to bodywork. The largest muscles in the body, in the legs, are given the most attention. The gentle but deep stretches are very relaxing and rejuvenating. After a Nuat Thai session the client feels centered and energized.

Trigger point release is done by locating places on the body which are the focus of chronic pain. As in acupuncture, it is recognized that pain is the result of a blockage of chi. Once the point of blockage is opened up by holding the trigger point with the correct pressure for a minute or longer, the pain releases.

Chair Work



- Ideal for shorter sessions (15 or 30 minutes) centering on office-related problems
- Focuses on shoulders, upper and mid back, neck, arms, wrists, and hands
- Useful stress reducer
- Helps increase upper body flexibility
- Good source of relaxation
- Improves quality of sleep
- Clears up many work related problems, including mid and upper back pain, neck and shoulder pain, arm, wrist and hand pain
- Uses many techniques from Nuat Thai, combining stretch with trigger point release
- Effective as part of a health conscious lifestyle

Floor Work



- Gives the benefits of Yoga in a personalized session, working with each client at their level of comfort
- Powerful stress reduction method
- Ideal co-training for any other form of exercise
- Helps release chronic lower back pain
- Deep but comfortable stretches use the “golgi reflex” to release tight muscles
- Clears up many work-related problems, including back pain, neck and shoulder pain, arm, wrist and hand pain
- Full body approach gives a deeper benefit as part of a health conscious lifestyle

Testimonials

"Thai massage by Guy is like no other I have ever experienced. It is gentle and non-invasive and yet it gets to really deep levels, both physically and emotionally. Since starting Thai massage with Guy a few months ago I have given up all my other therapists! The mental, emotional and physical healing that I have experienced by his massages has enabled me to move forward in my life and help me release blocks. There is nothing to compare to the blissful feeling you have after you have completed a session with Guy. I highly recommend his massages to everyone - but hey guys save room for me!!"

Karyn Smith, Saratoga

"I had been suffering from a very painful shoulder injury for over 3 years. When Guy began working on me, I felt an immediate improvement. After about 5 sessions, I regained my full range of motion, and now I am completely pain free. For over two years I have coming for sessions on average every two weeks. Even though I have a very stressful job as a paralegal, these sessions have helped me deal successfully with the stress. My sleep is more restful, and my weight is back to what it was in high school, although I am now in my forties."

Nancy Heaney, Redwood City

"I have been coming to Guy's yoga classes for 3 years. More recently, I started getting regular Thai massage from him. This has led me to adopt an overall program of health improvement, including changes to my diet and alternative healing methods. I am now in much better shape, losing weight, and the rheumatoid arthritis I have had for over 10 years is improving."

Tomina Hutters, Los Gatos

"I was the CFO of a \$30M technology company, and doing a two year executive MBA course. I subscribed to 12 Thai massage sessions from Guy, and I found that the Thai massage relieved a lot of my chronic neck and shoulder pain. After each massage I was able to return to my work refreshed and more efficient. I have now integrated Thai massage as part of my weekly health care routine."

Carmen Cerrelli, San Jose