

Valerie Summer Massage

Hello again dear friends and clients,

I have just finished 4 days of class at Lotus Palm School of Thai Massage in Montreal. This time, the focus of the class was Thai Massage for Pregnancy and Elders. Yes, they are very different people, but it turns out that some of the adaptations used for one population can also benefit the other.

I learned so many ways to create safety and comfort for people who need different positions and adjustments. We worked both on the floor, and with a lot of cushions for reclining positions.

I continue to be very drawn to Thai Massage and incredibly grateful to have this wonderful school only two hours away. My practice is straddling the challenging line of trying to work a bit less, since Covid, while being passionate about sharing the work and its benefits.

I have been sending any new client inquiries to my colleagues, because there are so many great LMT's in our community. Some of them can see people sooner than I am able to book them. However, if you are new and wish to receive Thai Massage, I will figure out a way to get you into an appointment. For all those who have never tried Thai, I can assure you that we can do it no matter what physical shape you are in. One way of describing Thai is to say "It's like having yoga done to you". Well yes, it can be. But it can also be this: completely relaxing while I pay undivided attention to your comfort, while you are clothed, and I am moving your limbs around a bit while doing light compression. We can be on the floor mat, well supported, or on the table.

Looking forward to seeing you, no matter what we are doing together!

Valerie