

THE MYOFASCIAL & MOVEMENT CLINIC

Myofascial Thai massage

On the mat with Marisol. An illustrated look at full-body work for athletes, functional range of motion and recovery between training sessions.

Bring the movement that matters to you.

A runner wants a longer stride uphill. A swimmer feels a catch reaching overhead. Show your student one movement that matters to you. That gives the two of you a place to begin and something familiar to try again at the end.

Functional range of motion

Choose a reach, squat or stride. Notice where the movement feels easy and where you begin to work around a restriction.

Recovery between sessions

Tell us what you trained and where you feel sore. We can spend more time there and adjust the pressure to the kind of training day you've had.

Myofascial release

If scar tissue or a suspected adhesion seems to limit a movement, show us where you feel the pull. Your student uses sustained contact, then you try the movement again.

Circulation and vitality

As you point and flex your ankle, your calf muscles help return blood toward the heart. When you stand, notice how lively or heavy your first steps feel.

> Marisol is the illustrated practitioner in these pages. At Bright Moon, a supervised student adapts your session to your goals and the time you book.



SANTA FE · THAI-STYLE MAT WORK

A runner's heel

A folded blanket supports the runner's ankle while Marisol holds his heel. From here he can point and flex his foot and notice where his stride begins.



SANTA FE · THAI-STYLE MAT WORK

At the foot of the mat

A runner lets the mat carry the weight of her legs. Marisol meets both feet and gives her a moment to settle before the ankle work begins.



SANTA FE · THAI-STYLE MAT WORK

After the sprint

The sprinter sits with his back supported and both heels cushioned. Marisol works through his training trousers as he tells her where he felt the last hill repeat.



SANTA FE · THAI-STYLE MAT WORK

A lifter's quadriceps

After a week of squats, the lifter chooses her thighs as the focus. Marisol uses her palms and lets the athlete set the pressure.



SANTA FE · THAI-STYLE MAT WORK

The folded hip

With one foot planted and the knee bent, the cyclist can let Marisol guide a small rocking motion. He can tell her precisely where it starts to pull.



SANTA FE · THAI-STYLE MAT WORK

Room at the hip

Marisol supports the weight of the player’s folded leg. The athlete chooses how far she wants to bring the thigh toward her body.



SANTA FE · THAI-STYLE MAT WORK

A supported leg lift

Marisol carries the heel and lower leg together, keeping a bend at the knee. The athlete can explore how far his hip moves while the other leg stays on the mat.



SANTA FE · THAI-STYLE MAT WORK

Behind the shoulder blade

A folded blanket brings the climber’s head level. Marisol’s broad palm follows his upper back while his arm rests in front of him.



SANTA FE · THAI-STYLE MAT WORK

An arm at rest

With her arm resting on the mat, the rower can feel the difference between holding its weight and letting it go. Marisol works along the arm through broad contact.



SANTA FE · THAI-STYLE MAT WORK

The swimmer's shoulder

From sitting, the swimmer can show the part of her stroke that feels restricted. Marisol supports her upper limb so they can explore that part of the reach.



SANTA FE · THAI-STYLE MAT WORK

After a climbing day

The climber rests his forearm on a bolster. Marisol supports his hand and works along the forearm he has spent the day using to grip.



SANTA FE · THAI-STYLE MAT WORK

The hand that grips

With the climber’s hand supported, Marisol can work across the palm. Opening and closing the hand gives the climber an immediate point of comparison.



SANTA FE · MOVEMENT RETEST

Try the reach again

The athlete from the cover stands and reaches for the beam himself. Marisol watches where his shoulder travels and asks what he notices. A change in effort can matter as much as a change in distance.

Choose your session

Wear a T-shirt and flexible pants that let you bend your hips and knees. A student works with you under instructor supervision. Choose the raised table if it is easier for you to get on and off.

Thai-style mat work

The signature fully clothed option. Supported movement, sustained pressure and rhythmic compression on a floor mat.

Clothed table work

Choose targeted contact and client-led movement on a raised table.

Floor to Flow

75 minutes or longer. Begin on the mat, explore an assisted movement and return to sitting.

Trail to Table

45 minutes or longer. Compare a step or reach before and after focused table work.

Within your booked time

Reach and release · Step and stride · Steamed herbal compress (+$10)

Book mat work

Looking for relaxation or luxury? Book a spa treatment.

What the research tells us

A review of 29 sports-massage trials found modest average improvements in flexibility and post-exercise soreness. Researchers are still studying how myofascial work affects tissue. We track what you can feel and do during the visit.

Sports massage, flexibility and soreness · Fascia and the mechanisms of myofascial release · The calf muscle pump in movement

Explore the 240-hour Myofascial Release Therapist certificate