

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

At the foot of the mat

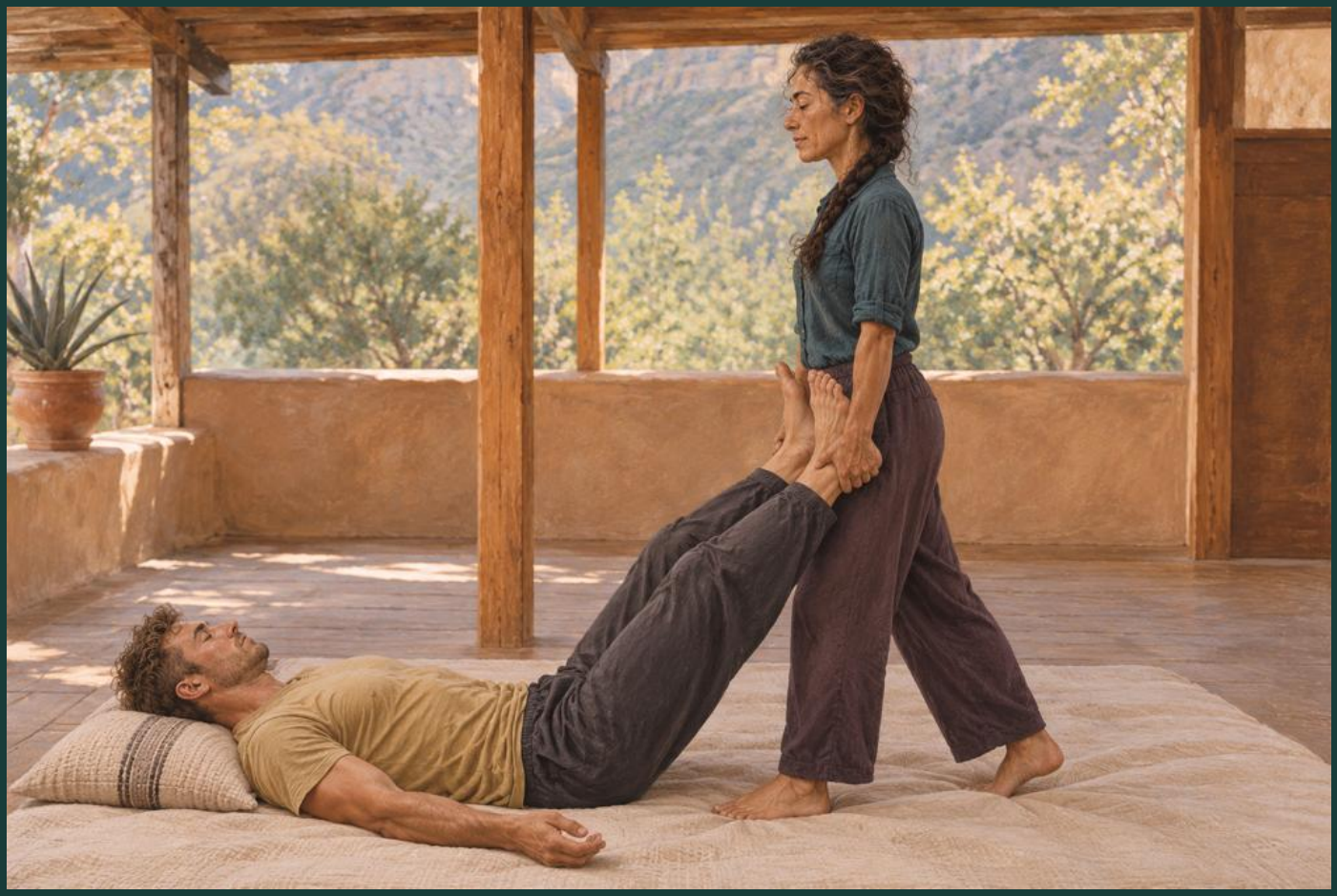
The runner rests both heels on the mat. Marisol settles into a low kneel and meets each forefoot with one hand.



SANTA FE · THAI-STYLE MAT WORK

A heel in the hand

Marisol cups the player’s heel in one palm and rests her other hand on the bent knee. The opposite leg lies long on the mat.



SANTA FE · THAI-STYLE MAT WORK

Both legs rise

From a staggered stance, Marisol holds a heel in each hand. Both legs rise together. The athlete’s hips and back stay on the mat.



SANTA FE · THAI-STYLE MAT WORK

A supported hip fold

The cyclist’s bent leg rests across Marisol’s raised thigh. One hand steadies his ankle. The other rests at his hip while his opposite leg stays long.



SANTA FE · THAI-STYLE MAT WORK

At the outer hip

A cushion carries the cyclist’s bent knee, and another receives his upper arm. With that support in place, Marisol leans her forearm into the muscle at the back of his outer hip.



SANTA FE · THAI-STYLE MAT WORK

A thigh across the lap

The climber’s upper leg drapes over Marisol’s thigh. Her head and arm each have a pillow. From this low stance Marisol can follow the line of the hip with her forearm.



SANTA FE · THAI-STYLE MAT WORK

An arm at rest

The rower rests her arm palm up on the mat. Marisol places one open hand above the elbow and one below, leaving the elbow crease free.



SANTA FE · THAI-STYLE MAT WORK

Behind the shoulder blade

With the swimmer’s head on a pillow, Marisol cups the shoulder with one hand and meets the shoulder blade from behind with the other. The swimmer’s upper arm rests alongside her body.



SANTA FE · THAI-STYLE MAT WORK

From shoulder to forearm

The skier’s upper arm rests along his side, his hand near his thigh. Marisol meets his shoulder with one palm and his forearm with the other.



SANTA FE · THAI-STYLE MAT WORK

An overhead reach

Marisol cradles the climber’s arm near the elbow as it reaches overhead. Her other hand rests on his side and her foot steadies his clothed hip. His bent knee settles into a cushion.



SANTA FE · THAI-STYLE MAT WORK

Both shoulders settle

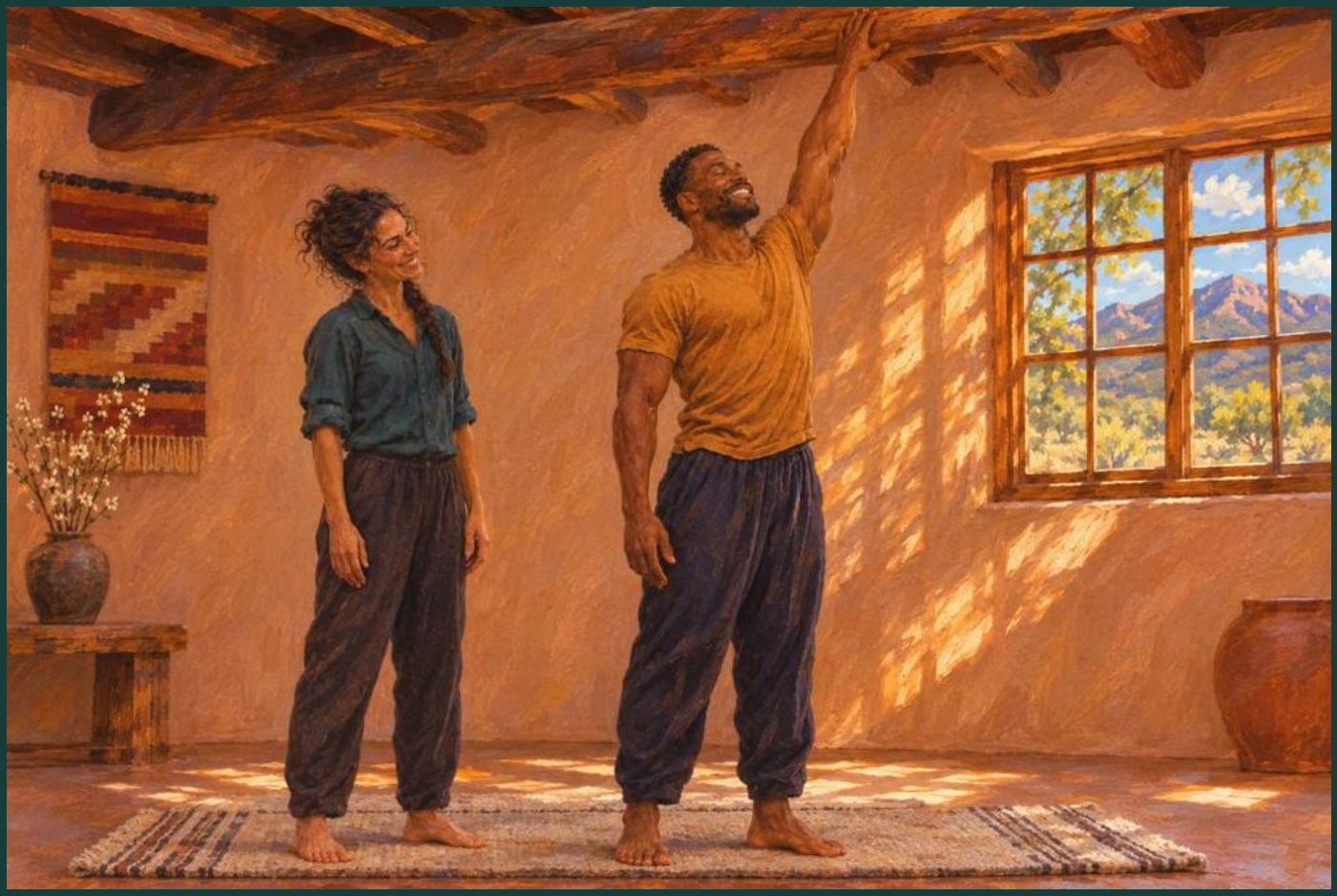
Seated at the head of the mat, Marisol places one palm on each shoulder. The athlete’s arms rest by his sides as she leans forward from her hips.



SANTA FE · THAI-STYLE MAT WORK

A cradle for the head

Marisol cups the base of the runner’s skull. Her fingers curve behind the ears, and the runner rests face up in her hands.



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