### ****The healing art of Thailand****

**SOMAVEDA® THAI YOGA THERAPY**

**Athletes all over the world are turning to sports focused Thai Yoga to help them avoid getting hurt and to promote recovery when an injury is sustained. Sports Thai Yoga is used to speed healing, relieve pain, and increase muscle strength and stamina. Primal Strike Fighters get a special rate**

**SomaVeda® Thai Yoga Therapy is a very potent weight management tool as well, perfectly paired with Primal Fit!**

**Thai Yoga Therapy (Traditional Thai Massage) studies showed that it
provided support of many of the metabolic contributors to adverse weight gain. It also showed
there was greater improvement in weight loss for people who got Thai Yoga Therapy compared to
those who received a conventional drug, surgery and or conventional behavioral treatment. For more information contact Tyler your Somaveda Practitioner by Email or Text, If you are a member of Primal Fit, you will receive 40% off your 7 day program when paid in full.**

**Tyler Singleton CPT1 SomaVeda® Practitioner**

**Tyler 813-337-9338**

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**How our Payment Works.**

**I do programs, not individual sessions. We do the Somaveda Protocol®, which includes 7 sessions. An average of 10.5 hours. An average of 90 minute per session.**

**My going rate is 75$ an hour. This is the average price for our area. $75 x 10.5 = 787.50**

**You may pay in three stages, with the final payment being received on the third session. 262.5 x 3**

**If paid all up front as a non member you get 20% off your entire purchase. $630**

**If paid all up front as a member of Primal Strike or Primal Fit you will get 40% off your order. $473**

**All Fighters representing Primal Strike pre-fight and post-fight may pay a-la-cart $50 per session.**

**At your convenience a-la-cart is accepted, however at a 15% increase. $86.25 an hour. 90 min = $129**

**In the future, the prices will be subject to change**

**NOTE: I’ve gained permission from Dr. Anthony James to use any and all of this website/page.** <https://thaiyogacenter.com/general-information/wellness-center-natural-wellness-solutions-clinic/7190-2/>

**Athletic Care and Sports Performance**

****Get back to what you love!****

What do you love and want to do and what is it that keeps you from being able to do it?

We currently treat professional soccer players, ultra marathon runners, marathon runners, triathletes, cross-fitters, professional mountain bikers, football players, baseball players, swimmers, volleyball players, lacrosse players and both pro and sport fisherman. We work on developing the best treatment for sports performance and managing injuries.

We recommend coming in a month before your event( if it’s your first treatment). If you’ve had SomaVeda® Thai Yoga Therapy before we like to see you within 72 hours of your event and within 24 hours after your event.

# SomaVeda® Thai Yoga Therapy and Sports Performance

When most people think of Thai Yoga (Traditional Thai Medical Massage), they probably think of a spa treatment or holistic modality to relieve certain ailments. However, healthcare professionals are now recommending Thai Yoga Therapy for competitive athletes. Because SomaVeda® is a comprehensive therapy emphasizing balancing the whole body with a nutritional and energy balancing components it is considered to be more effective than many other “Band-aid” style modalities.

**Harness The Power of “*Muay Thai***” **Boxing (Thai Kickboxing)**

May Thai or as it is more commonly known as “Thai Kickboxing” is known to be one of the most brutally demanding sports in the world of sports. As a result of the incredible discipline and training Thai athletes need the best physical conditioning, pre and post competition therapy on the planet! Thai Boxers secret to longevity and performance is Traditional Thai Yoga (Traditional Thai Medical Massage) which every Thai Boxer receives before, after and sometimes during competitions! We can show you how to bring this ultimate athletic enhancing therapy into your sport today.

Athletes all over the world are turning to sports focused Thai Yoga to help them avoid getting hurt and to promote recovery when an injury is sustained. Sports Thai Yoga is used to speed healing, relieve pain, and increase muscle strength and stamina.

Surfers, skaters, runners, Major League Baseball and NFL star players, and even Olympians have embraced SomaVeda® for sports. It is well established that adding a Yoga practice can be quite valuable in enhancing sports performance. SomaVeda® Thai Yoga Therapy not only uses the power and healing grace of traditional yoga practice to enhance performance i.e. run faster, jump higher but because it is a comprehensive therapy address performance reducing downtime from injury!

### How Sports Thai Yoga Therapy Works for Athletes

America’s top athletes are using  Thai Yoga Therapy on its own and in conjunction with other modalities and Western medicine as a part of their regular practice and treatment regimes. SomaVeda® Thai Yoga helps the body to heal and balance itself by allowing energy to properly flow from the points along the meridians, the energy pathways defined by Traditional Indian and Thai Ayurveda and Traditional Chinese Medicine. Energy needs to flow freely without blockages in order for the body to function at an optimal level.

In the West, Ayurveda, Yoga, Yoga Therapy and indigenous oriental healing practices have become a fairly well recognized if alternative method of treating maladies nausea, pregnancy sickness, and pain, which are the maladies that are most often covered by insurance. While Asian and Oriental Medicine has always closely been linked with sports, martial arts (May Thai- Thai Boxing as a good example), and healing all things in nature from nature, Western medicine has only recently become more accepting of the practical application of Ayurveda and Yoga Therapy in sports settings.

SomaVeda® for sports is becoming a recognized treatment for frozen shoulder, tennis elbow, back pain, pulled tendons, torn ligaments, tendonitis, arthritis, bursitis, sciatica, tight hamstrings, muscle/tendon strain, golfer’s shoulder, tennis elbow, weak back, stiff neck, and other ailments athletes may incur.

Sports SomaVeda® Thai Yoga Practitioners and Therapist  aim to bring the body back to balance by understanding the compensation patterns presenting with each sports-specific movement and injury. This allows them to help with injury prevention, optimal performance, and faster recovery.

When athletes are prescribed rest for an injury, they use SomaVeda® Thai Yoga for Sports, sometimes along with Western medicine, to speed up the healing process. The benefit of acupuncture is that it works without side effects from pharmaceuticals.

### SomaVeda® Thai Yoga Therapy for Muscle Relief

When athletes perform, they put stress on their muscles and often incur injuries. Injuries affect the body’s ability to sense where it exists in space, creating an imbalance in the body’s proprioceptive system. The proprioceptive system allows the muscles to communicate with the nervous system. SomaVeda® Thai Yoga can balance and reset the muscles by restoring their proper energy flow and tone so they can better communicate with the nervous system, creating a more accurate sense of where one is in space.

**Specific Benefits of Thai Yoga Therapy for Athletes**

**Improved Blood Flow and Circulation**: When the pressure is applied to specific points while positioned in Yoga Therapeutic Postures or “Asana”, they create an increase of nitric oxide in the body. Nitric oxide causes blood vessels to relax and to widen, opening up the arteries. The process allows for more blood flow to the heart and to the other organs improving blood circulation and cardiovascular health.

**Muscle Relaxation and Reduction of Antagonistic Muscle Tension**: As the blood, lymph and interstitial fluids flow is increased through the body, tight muscles relax and inflammation reduces. Metabolic waste such as Lactic and Uric Acid is reduced and oxygen saturation of tissues increases. Therefore, by relieving fatigue and strain, muscle soreness is alleviated.

**Injury Prevention and Treatment**: SomaVeda® Thai Yoga promotes neurological and cardiovascular balance, which supports homeostasis in the body—therefore preventing injury. Should injury arise, the treatments regulate nerve conduction and microcirculation in the area of inflammation to speed up the healing process.

**Energy and Endurance Enhancement**: SOmaVeda® Thai Yoga Therapy can be used to regulate the nervous system, which helps to improve energy and endurance allowing for enhanced athletic performance. Also, by addressing the superficial points and energy lines- sites related to the liver and lung function along with the digestive systems, a boost in energy and endurance can occur by removing blockages and increasing the flow of Prana or Qi.

**Rapid Recovery**: Having regular treatments in between training sessions and after a race minimizes muscle fatigue and pain, enhances energy, and facilitates rapid recovery. It also promotes a deeper, more restful sleep allowing the muscle tissue to rebuild and for energy to be restored. Rapid recovery means more frequent and more quality practice time.

**Common Traumatic Injuries SomaVeda® Thai Yoga Treats**:

* Tears and strains of the rotator cuff
* Strains and sprains of the wrist
* Strains and sprains of the ankle

**Common Over-Use Injuries SomaVeda® Treats**:

* Shoulder tendonitis, bursitis, arthritis and impingement syndrome
* Tennis elbow, golfer’s elbow and elbow bursitis
* Wrist tendonitis
* Hip bursitis
* Achilles tendonitis
* Iliotibial band syndrome
* Knee arthritis
* Plantar Fasciitis, “Shin Splints” and similar

**Common Conditions SomaVeda® Treats**:

* Metabolic and weight management syndromes
* Overall energy and feeling of motivation, anxiety
* Assist in management of type 2 diabetes
* Repetitive Stress (RSS) injuries
* Chronic edema and inflammation
* Lack of motivation and Spiritually based depression.

SomaVeda® Thai Yoga Sports Therapy is provided by SomaVeda® Certified Practitioners, Therapist and Physician Practitioners exclusively.