



TRADITIONAL THAI YOGA

**The Postures
and Healing Practices
of Ruesri Dat Ton**



ENRICO CORSI AND ELENA FANFANI



Traditional Thai Yoga The Postures And Healing Practices Of Ruesri Dat Ton

David Wells



Traditional Thai Yoga The Postures And Healing Practices Of Ruesri Dat Ton:

Traditional Thai Yoga Enrico Corsi,Elena Fanfani,2008-04-25 A complete guide to the ancient technique of Ruesri Dat Ton also known as Thai yoga Presents 60 step by step illustrated exercises for self healing and balanced well being Reveals the practice and evolution of Thai yoga said to have originated with Buddha s physician Jivaka Kumarabhadra Explains how the postures allow individuals to rebalance the flow of energy in the body Traditional Thai yoga or Ruesri Dat Ton is an individual yoga practice rooted in the ancient Ayurvedic tradition It is comprised of exercises that like the partnered practice of traditional Thai massage originated with Buddha s own physician Jivaka Kumarabhadra Enrico Corsi and Elena Fanfani present for the first time in English 60 of these postures fully illustrated with step by step instructions designed to stimulate self healing by rebalancing the flow of energy in the body Each of the postures works within the sen energy system that underlies Thai medicine Fundamental to the practice is retention of the breath once the body has assumed the desired posture The practitioner concentrates the breath on the place where the body is storing tension or dysfunction When the breath is exhaled the body also expels the negative energy allowing restorative energy to take its place The simple yet highly effective postures in Traditional Thai Yoga address many common ailments including physical ailments of the back knees shoulders hips arms feet and neck and more generalized ailments such as nausea and shortness of breath as well as offering exercises that promote weight loss longevity and overall balanced well being

Healthy Posture for Babies and Children Kathleen Porter,2017-04-24 A manual for parents teachers and kids to restore their natural alignment Explores the principles of natural alignment in accessible ways to share with children Details simple and fun exercises for kids and adults alike that remind the body of its natural patterns and movements Explains how innate movements and natural alignment play an essential role in the development of a fully functioning body and nervous system Babies and toddlers develop naturally healthy alignment by moving in instinctive ways Their posture is easy and relaxed founded on correct pelvic positioning and deep core muscles to hold their bodies upright Yet as evidenced by the slouching epidemic seen in school age children most kids lose this natural alignment early in life often due to an overreliance on strollers baby seats and bucket style carriers during infancy and the reluctance to put babies on their bellies because of widespread fear of SIDS In this richly illustrated manual for parents teachers and kids themselves movement educator and researcher Kathleen Porter explains how to relearn natural alignment with a simple movement routine that reminds the body of its natural patterns Detailing the principles of natural alignment in accessible ways to share with children she also explores research on the importance of tummy time and how the movement patterns present at birth act as an engine that activates neural pathways to key areas of the brain In this way movement plays an essential role in the development of a fully functioning nervous system coordinated muscle tone and a strong internal core that stabilizes the spine and prepares the baby for the soon to be acquired upright position The author explains how many children who struggle with a growing number of neurodevelopmental challenges including autism

learning disabilities and ADHD also exhibit poor muscle tone lack of core development and difficulties with balance and coordination With a multitude of easy to follow principles and exercises far more fun and effective than the futile mantra of sit up straight Kathleen Porter provides a detailed road map for parents teachers and health professionals to learn how to guide children back to their natural posture by inhabiting their bodies mindfully for a lifetime of easy movement strength and energetic vitality the hallmarks of enduring good health **Yoga Journal** ,2008-11 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

Thai Massage & Thai Healing Arts Bob Haddad,2013-09-24 This fascinating anthology presents a much wider scope than other books on Thai massage and uncovers a wealth of previously unavailable information on the historical spiritual and cultural connections to this powerful healing art Topics include ways to refine and maintain a healthy practice breathwork and body mechanics self protection techniques reading body language acupressure concepts and Thai herbal compress therapy The spiritual and cultural section offers modern translations of ancient texts Indian and Buddhist influences magic amulets and sacred tattoos and accessory modalities such as reusi dat ton stretching and tok sen hammering therapy Rounding out this thorough text the final section features essays about actual practice with clients written by therapists and teachers from around the world The extensive experience and information provided in this reference book is invaluable to students or practitioners who wish to deepen their personal and professional understanding of traditional Thai healing arts

Book Review Index - 2009 Cumulation Dana Ferguson,2009-08 Book Review Index provides quick access to reviews of books periodicals books on tape and electronic media representing a wide range of popular academic and professional interests The up to date coverage wide scope and inclusion of citations for both newly published and older materials make Book Review Index an exceptionally useful reference tool More than 600 publications are indexed including journals and national general interest publications and newspapers Book Review Index is available in a three issue subscription covering the current year or as an annual cumulation covering the past year *Self Massage and Joint Mobilization of Traditional Thai Yoga* David Wells,2016-08-25 Learn how to reduce joint pain and stiffness and muscle aches and pain naturally with this fully illustrated step by step guide to the Self Massage and Joint Mobilization Techniques of Traditional Thai Yoga Reusi Dat Ton the traditional holistic self care system of Thailand After an enlightening introduction to traditional Thai yoga Wells dives into step by step instructions and color photos allowing you to start practicing these techniques on your own These gentle low impact techniques will help you to Reduce joint pain and stiffness Ease muscle aches and pains Improve flexibility and range of motion Reduce neck shoulder back hip and knee pain Improve circulation Increase your energy and vitality Reduce stress Increase your mobility and pain free movement during your daily activities Save money by learning how to give

yourself a full body Thai style massage Improve your massage skills by learning the system which is the origin of traditional Thai massage Deepen your yoga knowledge and practice by studying this little known yoga tradition from Thailand The thorough guide stays true to its traditional roots serving as a rich resource to yoga students massage therapists and all people who want to improve their health and vitality I have been doing the Thai Yoga Joint Mobilization exercises almost daily for 6 months now My balance and strength have improved immensely It helps relieve the morning stiffness that comes with aging I am so glad to have all of this information at my fingertips as I get older Jo Jensen LMT Thai Yoga Reusi Dat Ton offers healing practices that are as close to magic as I ve ever gotten They are simple exercises postures and other tools that bring energy relieve joint pain sore muscles and back pain while improving both flexibility and range of motion This gorgeous book reveals for the first time both the lore and wisdom of these ancient practices Carol Sullivan PhD E RYT Thai Yoga is a wonderful gift which has truly improved my life Thanks to David Wells for this carefully researched and meticulously detailed manual As a massage therapist and yoga instructor the work has become an important daily practice for me and one that I share with my clients The exercises help me to prepare my body for the day identify limitations and restrictions in my body and balance my energy The self massage practice gives me a soothing way to treat those issues and heal myself I use Thai Yoga to relieve tension headaches reduce neck and shoulder tension and pain improve a chronic back injury by mobilizing the low back and hips and releasing the accompanying muscles with self massage I also find the practice to reduce stress and increase energy Most important Thai Yoga is really fun and feels good I recommend this practice for everybody Jennifer Vanderburg LMT Thai Yoga Joint Mobilization is part of my personal daily practice and something I recommend to all my clients for keeping joints open and in full function It can be practiced standing or seated making it accessible to people at any level of health Jill Strong Harman LMT Founder Director Yin Thai Somatics Thai Yoga has done more to free me from pain than anything else I ve ever tried For most of my adult life I endured crippling back neck and joint pain due to several injuries Now after a year and a half of daily practice of the joint mobilization exercises I have virtually no pain and every muscle feels energized I have gone from almost disabled to fully functional and can work and play like I did when I was a young man I am self sufficient and master of my physical health for the first time in my adult life It has literally given me my life back James Galusha

Thai Yoga Therapy for Your Body Type Kam Thye Chow, Emily Moody, 2006-06-15 A form of Thai Yoga Massage that focuses on the three Ayurvedic body types Explains how to determine a person s Ayurvedic body type and provides hands on techniques for working with them Brings the practices presented in Thai Yoga Massage to a new customized level of therapeutic healing The traditional healing arts of Ayurveda and Thai Yoga Massage have a deep and integrated relationship that provides an unparalleled modality for restoring body mind and spirit Although it originated in India over the centuries Ayurveda has been assimilated into the predominant Thai culture and has evolved into a distinctive folk medicine With the growing popularity of Ayurveda and Thai Yoga Massage there is a renewed interest in reuniting these

practices into a powerful therapeutic alliance Thai Yoga Therapy for Your Body Type bridges the practice of Thai Yoga Massage with its ancient Ayurvedic roots to offer a complete and holistic healing modality The authors first explain in detail the fundamental principles of Ayurveda and then recommend daily practices for each of the three main body types of vata pitta and kapha Practitioners learn how to customize their work with the appropriate massage approach recommended yoga asanas breathing techniques and diet and lifestyle tips More than 50 illustrated full body Thai Yoga Massage postures are presented as well as a massage flow for each body type The authors indicate the Ayurvedic benefits of each posture and detail any precautions that should be followed in this dynamic practice of transformative healing

Thai Yoga Massage
Kam Thye Chow, 2002-02-01 An authentic guide to Thai yoga massage a unique therapy that combines stretching breath work assisted yoga postures and pressure point therapy Includes more than 80 illustrations 30 charts and a complete series of postures for a two hour full body massage Author Kam Thye Chow has taught massage in Thailand and throughout Europe and North America Until recently Thai yoga massage was virtually unknown in the West It has its roots in both the ancient healing traditions of Ayurveda and Thai Buddhism In this unique practice the therapist gives a full body massage that combines palming and thumbing along the Thai energy lines and pressure points with gentle stretching movement and breath work reminiscent of tai chi Using his or her own hands feet arms and legs the practitioner gently guides the recipient through a series of yoga postures creating a harmonious and therapeutic dance that leads to greater physical awareness grace and spiritual energy In this comprehensive guide for practitioners Kam Thye Chow leads readers through every aspect of this dance from its history and philosophy to a detailed presentation of a complete Thai yoga massage session This important reference includes more than 80 illustrated postures 30 charts and drawings and a complete series of postures for a two hour full body massage that focuses attention on both the upper and lower body which receive equal stress in the Western lifestyle Information on contraindications anatomy and physiology integrates Western medical knowledge and theory with this ancient tradition Massage therapists physical therapists nurses and other medical professionals will find Thai Yoga Massage an important and innovative complement to their practice

Advanced Thai Yoga Massage Kam Thye Chow, 2011-09-21 Expand your Thai yoga massage practice with advanced postures and energy work to treat stress back pain headaches and several other common conditions Includes step by step photographs for more than 50 advanced Thai yoga massage postures Illustrates in full color the locations of the sen lines and explains their specific therapeutic qualities and connections to ayurveda and the 5 kosha bodies Details successful treatment plans for 8 common ailments with custom 60 minute Thai yoga massage posture flows as well as ayurvedic and yoga recommendations for continued healing and prevention at home In the unique healing system of Thai yoga massage based on yoga ayurveda and the martial arts the practitioner uses his or her own hands feet arms and legs to gently guide the recipient through a series of yoga postures while palming and thumbing along the body's energy pathways and pressure points known in the Thai tradition as sen lines

and in ayurveda as marma points Providing a way to expand one s Thai yoga massage practice this book includes step by step photos and guidelines for more than 50 advanced Thai yoga postures as well as successful treatment plans for 8 common ailments stress back pain stiff neck and shoulders arm and hand exhaustion headaches constipation fibromyalgia and anxiety depression Each treatment plan offers a customized one hour Thai yoga massage posture flow specific to that ailment along with ayurvedic and yoga recommendations for continued healing and prevention after the massage session This comprehensive guide also illustrates the exact location of the sen lines and marma points detailing their therapeutic indications and connections to ayurveda and the five kosha bodies as well as explaining how to incorporate them into sessions for deeper healing

Thai Yoga Therapy for Your Body Type Kam Thye Chow, Emily Moody, 2006-06-15 A form of Thai Yoga Massage that focuses on the three Ayurvedic body types Explains how to determine a person s Ayurvedic body type and provides hands on techniques for working with them Brings the practices presented in Thai Yoga Massage to a new customized level of therapeutic healing The traditional healing arts of Ayurveda and Thai Yoga Massage have a deep and integrated relationship that provides an unparalleled modality for restoring body mind and spirit Although it originated in India over the centuries Ayurveda has been assimilated into the predominant Thai culture and has evolved into a distinctive folk medicine With the growing popularity of Ayurveda and Thai Yoga Massage there is a renewed interest in reuniting these practices into a powerful therapeutic alliance Thai Yoga Therapy for Your Body Type bridges the practice of Thai Yoga Massage with its ancient Ayurvedic roots to offer a complete and holistic healing modality The authors first explain in detail the fundamental principles of Ayurveda and then recommend daily practices for each of the three main body types of vata pitta and kapha Practitioners learn how to customize their work with the appropriate massage approach recommended yoga asanas breathing techniques and diet and lifestyle tips More than 50 illustrated full body Thai Yoga Massage postures are presented as well as a massage flow for each body type The authors indicate the Ayurvedic benefits of each posture and detail any precautions that should be followed in this dynamic practice of transformative healing

Table Thai Yoga Massage Heath Reed, Nicole Errico-Reed, 2014-09-27 Table Thai Yoga Massage is a modern day evolution and fusion of Traditional Thai Massage and Yoga These blended healing practices harmonize breath movement and intention to provide decreased stress tension and pain At the heart of Table Thai Yoga Massage is the practice of loving kindness or what the Thais call Metta Metta is truly applied when both giver and receiver are in a space of loving kindness That is practicing Table Thai in a way that feels good to give AND feels good to receive With the spirit of metta this book showcases simple easy and fun approaches to safely move and stretch the body to feel good from the inside out Table Thai Yoga Massage is a 3 dimensional experience where the muscles tendons ligaments as well as the joints receive the benefit of movement and massage Table Thai restores natural range of motion and joint health enhances functional integration of the body and clears fascial restrictions from previous injuries and repetitive stress patterns Likewise Table Thai Yoga Massage clears blockages

along the wind channels or sen and powerfully relaxes the mind and calms the heart It is with grateful hearts and warm smiles that we are pleased to share Table Thai Yoga Massage *Table Thai Yoga Massage* Heath Reed,Nicole Reed,2014-10-22 Table Thai Yoga Massage is a modern day evolution and fusion of Traditional Thai Massage and Yoga These blended healing practices harmonize breath movement and intention to provide decreased stress tension and pain At the heart of Table Thai Yoga Massage is the practice of loving kindness or what the Thais call Metta Metta is truly applied when both giver and receiver are in a space of loving kindness That is practicing Table Thai in a way that feels good to give AND feels good to receive With the spirit of metta this book showcases simple easy and fun approaches to safely move and stretch the body to feel good from the inside out Table Thai Yoga Massage is a 3 dimensional experience where the muscles tendons ligaments as well as the joints receive the benefit of movement and massage Table Thai restores natural range of motion and joint health enhances functional integration of the body and clears fascial restrictions from previous injuries and repetitive stress patterns Likewise Table Thai Yoga Massage clears blockages along the wind channels or sen and powerfully relaxes the mind and calms the heart To respect the Thai culture and the inspiration for this book we've included Thai cultural nuances entitled The Thai Way As reminders to let go of unnecessary tension Yoga Gem inserts are provided to encourage physical and energetic alignment In addition we provide pointers for cultivating loving kindness with Growing Metta sections And to delineate where our Table Thai Yoga Massage techniques vary from traditional Thai Massage or to provide additional variations to address different body types we offer inserts entitled Same Same It is with grateful hearts and warm smiles that we are pleased to share Table Thai Yoga Massage Encyclopedia of Thai Massage C. Pierce Salguero,David Roylance,2011-12-01 Drawing from Thai history cultural studies Buddhist religion and yogic practices as well as a modern understanding of anatomy and physiology this guidebook bridges the gap between theory and practice while presenting bodywork as it is understood in Thailand as a therapeutic medical science Presenting detailed analysis of each step in a Thai massage routine the history spiritual traditions and ethical codes are offered in an engaging informal style Numerous photographs and diagrams illustrate the variety of techniques used and examples of routines for treating specific disorders are discussed Updated with new layout photos and expanded text this exhaustive handbook is complete with a section on the main energy meridians and diagrams of acupressure points making it the perfect tool to accompany anyone studying this popular healing modality **Nuat Boran Thai** Anthony B. James,2006 Nuat Boran Thai TM Traditional Thai Medical Massage may very well be the most effective Therapeutic bodywork you have ever experienced Nuat Boran is a modern expression of a 2500 year old tradition of Oriental Bodywork Nuat Boran uses the whole body to treat the whole body It incorporates elements of gentle rocking deep stretching and rhythmic compression to create a singular healing experience After more than twenty years of training teaching and research Master Instructor Aachan Anthony B James presents the rarest and most unique form of Thai style Ayurveda based Yoga Therapy SPECIAL FEATURES INCLUDE Nuat Thai TM

Massage is suitable for the professional therapist and lay practitioners alike Over 140 easy to follow diagrams and explanations will guide you and introduce you to the art practice and philosophy of Nuad Boran Thai Yoga healing practice

Amazing Thai Yoga Therapy for the Hands Anthony Jame,2017-01-25 Ayurveda and Yoga Therapy have been practiced as a vital part of Thailand's indigenous culture for thousands of Years The ancient practices of Thai Reishi Yoga or Reusi Dottan provide the origin for the Thai Yoga therapy for the hands The religious therapeutic techniques as described in this manual if performed properly and on a regular basis can help to maintain inner well being balance energy relax the whole body and strengthen the soft and or connective tissues restoring and or maintaining the health of the the Arms and Upper Torso most specifically focused on the fingers wrists and shoulder girdle These techniques are also all together a form of Chi Gung Prana Healing Dr Anthony B James Aachan and Master teacher has provided over 100 clear illustrations and photographs show not only what the various positions are but how to do them as a traditional Yoga vinyasa or therapeutic flow *The Art of Thai Massage* Bob Haddad,2022-03-08 Presents guidelines for effortless and effective practice including body mechanics breathing patterns flowing movements incremental pressure and exercises to improve sensing and to strengthen intuition as you work Offers ways to refine and improve classic techniques that are often performed incorrectly explains broad healing concepts behind individual techniques and discusses the awareness and sensitivity with which they should be performed Answers common questions clarifies misunderstandings and presents ways to work with focused intention on a deeper level and with more grace ease and efficiency UNLIKE OTHER BOOKS ABOUT THAI MASSAGE this guide offers a deep and insightful view of important and often neglected aspects of this work Many of these concepts and techniques also apply to table massage physical therapy yoga and other healing arts This book guides the reader through the conceptual spiritual and practical approaches behind effective bodywork An entire section is dedicated to awareness of breath for massage movement and everyday activities Assessment guidelines help the therapist to work with others based on physical appearance preexisting conditions and elemental predisposition Exercises are presented to sharpen sensing abilities and intuition and to find coax and release blockages in the body Twelve important Thai massage techniques that are often taught and performed incorrectly are described in great detail Other chapters offer ways to create customized sequences of practice and to move from one technique to another with ease and grace Finally the chapter on medicinal herbs discusses the preparation use and benefits of herbal compresses poultices balms oils and baths and it offers easy recipes for all of these therapies This manual contains information that has never been previously available in print Full of exercises and insights to help therapists hone their bodywork skills it reveals key principles that give way to effective treatment and explores traditional Thai massage with a special focus on intention awareness sensitivity and spirituality **Thai Massage** Richard Gold,2006-10-11 This is a Pageburst digital textbook the product description may vary from the print textbook This practical and highly illustrated introduction to the principles and techniques of Thai massage discusses the theories of Thai medicine and its Chinese and

Ayurvedic influences It offers clear and easy to follow descriptions for all Thai massage techniques accompanied by full color photographs and drawings with arrows to indicate direction of movement Basic explanations describe how massage therapists can use elements of these techniques and apply them immediately in their own practice The book includes a DVD with 45 minutes of video showing techniques and routines in real time to demonstrate appropriate pacing Gives clear and easy to follow descriptions for each technique Techniques can be used alone in conjunction with other forms of massage or to facilitate Yoga and other meditation practices Clinically valuable and practical explanations of how to use elements of the procedures make it easy for therapists to enrich their practice with these techniques whether applying all of the methods or starting with stretches alone Features an icon throughout the text that calls attention to precautions therapists must be aware of for safe and effective sessions Includes a 45 minute DVD presenting video of techniques and routines in real time to demonstrate proper pacing Photographs drawings and illustrations of techniques are now in full color for greater clarity of concepts More historical background provides a deeper understanding of this ancient medical art An accompanying DVD offers a 45 minute video of a Thai massage session in real time demonstrating procedures with proper pacing The visual approach along with its step by step narration helps viewers understand how the concepts discussed in the book translate to actual practice The book also includes DVD icons that indicate which techniques are demonstrated on the DVD Increased coverage of body mechanics helps readers understand the difference between correct and incorrect technique Legends below the photographs provide specific information on the muscles being pressed or stretched with each technique to help therapists understand how this art of Asian healing corresponds to Western anatomy A new Muscle Atlas appendix helps to further identify muscles mentioned in these legends A new chapter Correlations to Yoga outlines the correlations between specific Thai massage procedures and yoga postures to help therapists incorporate Yoga into their practices A new chapter Suggested Sequences provides guidelines for 60 90 and 120 minute sessions taking the guesswork out of planning Thai massage sessions

What Is SomaVeda® Thai Yoga Anthony B. James, 2016-11-02 SomaVeda r Thai Yoga also known as Indigenous Traditional Thai Medicine and Yoga Therapy ITTM is based on ancient indigenous traditional spiritually based systems of healing Religious Therapeutics Chirothesia and Somatic therapy in which the healer practitioner therapist doctor or family member provider literally becomes the extension of sacred divine intention manifestation and expression Somaveda r Thai Yoga is a unique style or school of ITTM The provider becomes the embodiment of the sacred spirit of healing It is a direct and literal practical expression of compassion and loving kindness reducing suffering enhancing life bringing health wellness and happiness to all who are touched by it ITTM is as beneficial in all aspects for the provider as for the receiver There is no simple way to define the many practices as they cover the gamut from religious spiritual and ministerial counseling to hands on healing therapies from energy focus and balancing to Ayurveda nutrition and herbology Each of these aspects are whole systems within themselves Corporately they are used altogether as appropriate to bring wholeness and

reduce suffering What is SomaVeda r Thai Yoga breaks down the system into it s various major components to give a more clear picture of a comprehensive and elegant indigenous and traditional based wholistic medical syste *Thai Herbal Medicine* Nephyr Jacobsen,C. Pierce Salguero,2014-02-01 Thai herbs are part of a vibrant culture of healing that has been practiced and preserved over the centuries in traditional medicine schools Buddhist monasteries and village homes all over Thailand Many quite ancient herbal traditions continue to be practiced throughout Thailand to this day and some of these have now been recognized by the Ministry of Public Health as an important facet of the country s national healthcare system This revised and updated edition provides an overview of traditional Thai medicine including both the theory and the practical application of Thai cuisine bodywork and herbal medicine Of interest to herbalist massage therapists and practitioners of other alternative healthcare systems the book introduces the basic principles of Thai herbal healing in simple and clear terms and it includes a detailed compendium of individual herbs Best of all this book is fun offering easy recipes for home remedies healthcare products and cuisine that will make the world of Thai tradition come alive in your home The Art of Thai Massage Loft Thai Spa,2023-05-17 Welcome to The Art of Thai Massage a journey into one of the world s most revered traditional healing practices penned by the expert therapists at Loft Thai Spa an award winning wellness center based in the heart of Thailand For centuries Thai massage has been a cornerstone of wellness a holistic practice that intertwines physical emotional and spiritual wellbeing Rooted in ancient philosophy it is more than a form of bodywork it s a path to deeper self understanding and harmony In this book we aim to unveil the rich tapestry of Thai massage from its historical origins to the intricate techniques that define its practice today We invite you to immerse yourself in its philosophy and principles discover the potential benefits to your health and learn how to incorporate this timeless art into your daily life

Immerse yourself in heartwarming tales of love and emotion with is touching creation, Experience Loveis Journey in **Traditional Thai Yoga The Postures And Healing Practices Of Ruesri Dat Ton** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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Traditional Thai Yoga The Postures And Healing Practices Of Ruesri Dat Ton Introduction

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