

# Thai Massage Workshop



Thai Massage is wonderful for:

- A general increase of energy
- An opening of the meridians and blocked areas of the body
- Relief for pain and muscle tension
- The body and mind (heart) are strengthened and rejuvenated
- Blood and lymph circulation are improved
- An increase in flexibility
- Deep relaxation is facilitated

Thai Massage is one of the oldest forms of massage. Thai massage is more energizing and rigorous than more classic forms of massage. Thai massage is also known as Thai yoga and Yogasage, because the therapist uses his or her hands, knees, legs, and feet to move you into a series of yoga-like stretches. Many people say Thai massage is like doing yoga without any work.

In This class we will cover the basics of Thai Massage including the sen lines and different postures in the supine, seated and prone positions., elephant walking, who should not do Yogasage and how to listen to your partner without them saying a word.

Bring or wear loose fitting clothing as you are fully clothed for Thai Massage. No oils or lotions will be used during the massage.

**This fun class is for pure enjoyment.**

This class does not count towards any certification in Thai massage.

**12 Union Street Weymouth**

**339-499-1057**

**[www.FeathersWellnessStudio.com](http://www.FeathersWellnessStudio.com)**

**Friday Jan 27**

**from 7 pm - 9 pm**

**Cost: \$25**