



# Thai Yoga Massage for Couples

*with*

*Mike Burgasser*

Saturday, October 16<sup>th</sup>, 6:30pm - 9:30pm



Cost: \$45 per couple, space limited, pre-registration required.

Thai yoga massage is a combination of gentle rocking, range of motion, passive stretching and gentle pressure along energy lines. Joints are loosened and opened through manipulation and peripheral stimulation, muscles are stretched, internal organs are toned, vitality is increased and a deep state of relaxation can be achieved. Receiving a Thai yoga massage is a bit like doing yoga without putting forth any effort while simultaneously getting an acupressure and reflexology treatment.

With these techniques, applied in a quietly meditative atmosphere, space is created in the musculoskeletal structure, the body begins to open and regain flexibility and ease of movement, while the mind gently returns to calm alertness. The body's energy system is rebalanced, blood and lymph circulation is improved and internal organs are stimulated by pressure on peripheral reflex points.

In this workshop couples will learn how to perform a mini Thai yoga massage that can be repeated on loved ones at home. Participants should wear clothing suitable for practicing yoga. Wear layers, because while you are giving you will likely be very warm and get chilled when receiving. Half of the time you will be lying on the floor, so bring a pillow or whatever else you need to do this comfortably.