

Thai Yoga Workshop

Give feet some love in this Thai Yoga workshop.



Centuries ago, a dynamic bodywork therapy based on yoga and Ayurveda was born in the temples of Thailand. In Thai Yoga bodywork the practitioner guides the recipient through a series of yoga postures stretching the muscles and thumbing along the body's energy ("Sen") lines and pressure points. Together these actions relieve muscular tension, improve circulation, boost the immune system and balance the body energetically.

Thai Yoga is performed on a mat on the floor; both giver and receiver are dressed in bare feet and comfortable clothing allowing ease of movement and flexibility. No oils or creams are used.

In this workshop, you will learn to do a 20 minute foot and leg thai yoga bodywork series which you will practice on a partner—you will have an opportunity to be both the giver and the receiver of the bodywork.



Thai Yoga Workshop: \$15 (\$25 for two)

Monday, February 13, 2012

6:00 PM to 7:00 PM

Suwannee River Yoga

16548 Spring Street (Hwy 41)

White Springs, Florida 32096

386 208-3966

Space is limited so reserve a spot today!

Email RSLacefield@netscape.net or call 386 397-1827

For more information on the workshop leader, Roberta S. Lacefield, visit <http://roberta.tripod.com/yoga/yogacv.htm>