

Intro to the ancient art of Thai massage With Laraine Jacobus

Learn how to give and receive 30 minutes of bodywork

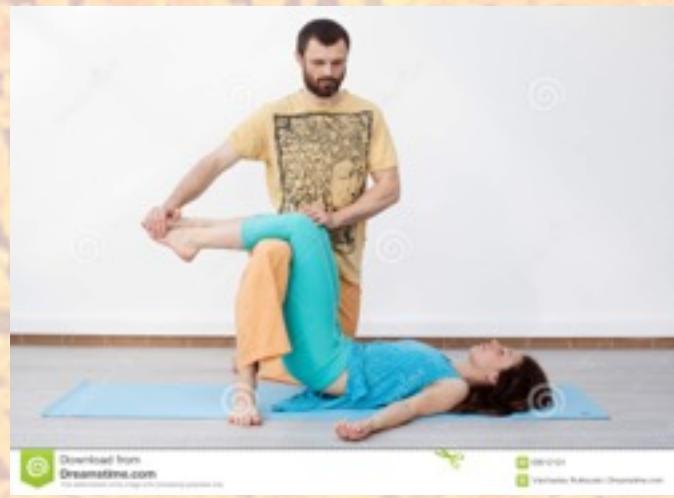
Based on Ayurveda, acupressure, Sen energy principles, Buddhist mindfulness and yoga postures

Thai massage relieves muscular tension, improves circulation and balances the subtle energetic body

Lovingly referred to as lazy mans yoga

Preformed with clothing on

Skills to share and enjoy!



**Saturday Feb 18 from 3-5
\$30 in advance or \$40 at the door
per couple.
Please register at redlotusyoga.com
or call 248-601-9642**

Held at Red Lotus Yoga Rochester
1900 S. Livernois #A
Rochester Hills, 48307