

# **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](http://redlotusyoga.com)  
or call 248-601-9642**

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