

VALENTINES THAI MASSAGE

workshop



SATURDAY, FEBRUARY 11th

3-5pm
Lotus Studio
max 15 pairs

Learn the art of giving + receiving healing touch

Treat your senses and yourselves as we split the class into two halves, each partner in turn learning to massage the other. Often called “Yoga for Lazy People”, Thai Massage is different than Western ideas of massage in that no oil or table are used and clothes are on. Enjoy what is often described as having someone “do yoga to you.” Paired with great music and some refreshments waiting for you after the class this is a great workshop just for pairs! Bring along a friend, significant other, sibling, Mom, Pop, or just someone who downright deserves it!

\$50 a pair before 2/11
\$60 a pair at the door



About Thai Massage

Thai Massage, also known as Thai Yoga Massage, is a form of bodywork that has been practiced in Thailand for over two thousand years. Sharing roots with Ayurvedic medicine and yoga practices from India, Thai Massage uses a combination of acupressure, energy meridian work, and yoga-like stretching for a uniquely invigorating and balancing experience.

Matt is a full time yoga instructor mainly in the Ashtanga and Vinyasa Flow traditions. He likes to call his style of instruction "yoga mutt:" taking a little bit of information from every resource possible and integrating it into each class. With over 12 years of personal practice and over 6,000 hours of teaching time, there is a lot of experiential knowledge combined with compassion and patience to be had in his classes. You will laugh as hard as you work and will enjoy a wonderful sense of community, friendship, and self awareness throughout the process.



1112 N. Lamar Blvd | register online: www.castlehillfitness.com | 512-478-4567