

Learn the Sacred Art of
THAI MASSAGE

SARA DIAMOND & LINDSEY CHRISTENSEN



Saturday, Oct. 24
1-4 pm

Thai Massage is rooted in
Medicine and Buddhist

Yoga, Ayurvedic
spiritual practice. This

workshop will focus on healing touch for the extremities –feet, hands, and face. Thai Yoga Massage stimulates and balances the flow of healing energy within the body via applications of muscular pressure and joint traction, for harmony, health, happiness and wellness of being. Come and improve your massage skills, explore intimacy in your relationship, or just to have a fun afternoon with friends new and old. Bring yourself, a yoga mat if you have one, and comfortable clothes. NO EXPERIENCE OR PARTNER NECESSARY!

Questions? Contact
Sara at 608-469-4939

\$40 to come alone \$35 if you bring a friend
\$5 off if you pre-register by Oct. 15 at Kaya Yoga studio.

Kaya Yoga Studio, 1505 5th St. Davis CA www.kayayoga.com