

Thai Yoga Massage

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Thai Yoga Massage is a unique healing art that blends Chinese Medicine and Yoga into one. It combines the application of rhythmic pressure and massage with yogic stretching of muscles, ligaments, and joints to create a balance between the flow of energy in all parts of the body including the nervous, digestive and respiratory systems.

The Benefits of Thai Yoga Massage include:

- Help Alleviate Conditions such as Lower Back Pain, Tension (knots) in muscles, Headaches, and Digestive Difficulties
- Increases Flexibility and Range of Motion
- Relieves Tension and Stress
- Creates a Relaxed and Centered Mind and Body
- Improves Circulation In All Parts of the Body
- Increases energy

Thai massage is both a relaxing and energizing experience. It differs from a traditional massage in that the treatment is performed on the floor on top of a Thai mat. The participant wears loose fitting clothes and no oils or lotions are used. A typical session is between 1 ½ and 2 hours, in which I utilize my legs, knees, feet, and hands to move you into a series of yoga like stretches. Muscle compression, joint mobilization and acupressure are also used during the treatment.

Pricing:

- 1 hour @\$90
- 1 ½ hours @ \$130
- 2 hours @ \$160

By appointment only:

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Or Email Terra at tac_850@yahoo.com