

# THE TOUCH OF LOVING KINDNESS:

## Thai Yoga Massage Workshop



### SHARE YOUR LOVE...

February 17, 2018  
3-5:30 PM

Waimea Yoga: 65-1237  
Kaiwiihae Rd in Historic St.  
James Circle

\$25/person \$40/ couple when you  
pre-register  
\$30/person at the door

**[waimeayoga.com](http://waimeayoga.com)**

to register. Pre-registration  
*highly* recommended

### RELAX, RESTORE AND REMEMBER...

the power of loving kindness and healing touch in this introductory workshop. Learn easy & joyful thai yoga massage technique- on your own or with your loved one- to promote more space in your joints, your body and your heart. Cultivate an active practice designed to create more love, ease and a deeper connection with your inner self and your loved ones in this fun afternoon workshop.

Thai yoga Bodywork is a substantial, fully clothed restorative massage experience that takes place on mats with props; it is designed to open up the creative and healing faculties of the body, mind and spirit, and promote grounding, calmness and wellness

using a combination of guided and supported yoga movements, directed breathing and powerful bodywork techniques.

This workshop is taught through live demonstration and hands on practice by Amy J. Learn proper alignment, loving kindness practices and straightforward sequences you can take with you to share with your loved ones for years to come.

Wear comfortable clothing to move in, please bring water bottle, a pillow and intentions for healing

**NO PRIOR EXPERIENCE IN YOGA OR MASSAGE IS NEEDED:** all welcome. Please contact host, Amy J., at [amy@manna-healing.com](mailto:amy@manna-healing.com) with any questions