

At GateWay Taiji, Qigong & Yoga — Portsmouth, NH

Learn the Basics of Thai Yoga Massage

February 18, 2018, 2-5pm

Bring a Partner or Bring a Friend!



Thai yoga massage is an ancient healing practice that combines acupressure and assisted yoga postures. It's practiced fully clothed, without lotions or oils, on a mat on the floor. In this fun beginner workshop, you'll learn to give and receive a safe and deeply relaxing massage. Wear loose comfortable clothing, unwind and enjoy

Instructors:

Holly Jenness, LMT, RN, BSN

Massage Training:

Kripalu School of Massage

Bill Buckley, RYT 500,

Massage Training:

Daniel Orlansky & Jennifer Yarro,

Triple Gem School of Thai Massage.

GateWay 
Taiji, Qigong & Yoga

Workshop Fee: \$60 per couple
Register online as space is limited.

For more info, call Bill at 603-553-2624

Thai Massage Workshop

875 Islington St, Portsmouth
Gatewaytaiji.com; 603-610-9395

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