



Thai Yoga Massage Partner Workshop

Relax, Restore, Rejoice & Reconnect For Valentine's Day

Saturday, February 15

2:00PM – 4:00PM

\$49 per couple (\$60 at door)

Join Thai Yoga Massage Therapists, Tina & Bob, for a deeply relaxing and educational evening of Thai Yoga Massage. Share the art of giving and receiving an amazing 30-minute Thai Yoga bodywork session. No prior massage experience necessary.

Bring a friend, spouse or loved one to learn assisted yoga postures and touch technique that promotes deep relaxation, improves circulation, boosts the immune system, and balances body energy for better health. Each couple will have a chance to give – *and receive* – an incredible Thai Yoga massage.

Yoga Instructors may utilize this workshop for Yoga Alliance Continuing Education Credits.

Space is limited. Pre-register online:

<https://www.updogyoga.com/workshops/workshops-rochester>



www.updogyoga.com 210 W. University Dr., Rochester, MI 48307 | 248.608.6668

Named 2017 "Best Yoga Studio In Metro-Detroit by ClickonDetroit.com