



Thai Yoga Bodywork Workshop

Bring your lover, your mother, your friend, your yoga buddy ext..

A great VALENTINE activity
for romantic and nonromantic partners.

This workshop will teach you to use your hands and feet to provide unique stretches that helps reduce stress, relieve lower back pain and relax tight hips and shoulders in a fun a nurturing way.

Learn how to give and receive a gift loving kindness, (Metta) through the practice of Thai Yoga Bodywork.

Thai Yoga Bodywork is an ancient form of bodywork that involves passive stretching, joint manipulation, and acupressure techniques.

It is performed fully clothed on a cushioned floor mat.



See photos of workshop material on Molly's Facebook page



When:

February, 11
Saturday
3:00– 5:00

Where:

Rivergarden Yoga
W. 7th street
St. Paul, MN

Cost:

\$60 per couple
Cash or check
Pay at door

Register:

612-432-8040
Register by 2/9
Minimum: three couples
Maximum: eight couples

Presenter:

Molly Mayer, MAOT,
certified yoga teacher and
Thai massage practitioner

About the presenter:

Molly received her Thai massage training in Chiang Mai, Thailand in 2003. Since her return from Asia, Molly has led several workshops and has provided numerous private massages for her clients. Molly is a certified yoga teacher and holds a masters degree in occupational therapy and a BA in modern dance. Her workshops have been described as educational, warm and fun.

Thai Yoga Bodywork by Molly

