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Thai Yoga Bodywork with Sheri - Ram Deva Kaur

By Appointment Only

Thai Yoga Bodywork

A unique experience that combines massage, breath work, acupressure and yoga in one gentle, effective therapy, focussing on the Chi or energy lines throughout the body. The recipient relaxes, fully clothed (no lotions or creams are used) on a comfortable mat on the floor. Dim lighting and beautiful meditative music are provided in a calm and soothing atmosphere.

The practice originated in India, based upon an ancient Buddhist health system. It developed into a holistic practice to enhance both spiritual energy and physical well-being.

Your 75 minute session will:

- Leave you feeling relaxed and rejuvenated
- Help you use the breathing techniques to relieve stress and tension, even off the mat
 - Bring a calm and centered feeling lasting beyond the treatment
 - Greater flexibility in the joints
 - Improved posture

Rate: \$125 per 75 minute session

Contact Sheri at srwnyc9@gmail.com or call her at 305-206-1278