



718-505-YOGA (9642) MimiForMeYoga.com

Thai Yoga Bodywork

A dynamic and sacred body-work based on yogic practices, which appeared in the temples of Thailand nearly 2500 years ago, and still around today... for a reason.

In this unique healing system the practitioner guides the client through a series of stretches, similar to what one might feel doing yoga postures, while palming and thumbing along the body's energy ('Sen') lines and pressure points. Together these actions result in a comprehensive full body treatment that relieves muscular tension, improves circulation, boosts the immune system and balances the body energetically.

*Receive the many benefits
of a traditional gentle
stretch mat yoga class
with gentle assistance...
Ahhhhh.....*



Adjustments are to individual's personal range and comfort level.



Thai Yoga Bodywork is performed on a floor mat, both client and practitioner are fully dressed in comfortable clothing to allow for ease of movement and flexibility.

Comfortably dressed. No oils or lotions used.



By Appointment:
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