

# Thai Yoga Massage

~ with Tatjana!



Experience the healing of yoga like stretches and deep pressure massage for body, mind and spirit

## The Thai Yoga Massage Experience

Thai yoga massage, a healing method, combines muscle stretching and point pressure to relieve tension and encourage relaxation for tight and restless bodies. It is a dynamic form of body work that blends various techniques to achieve a state of deep relaxation and peaceful release in body, mind, and spirit.

It is performed fully clothed on a cushioned floor mat. During the session, a practitioner guides the recipient through a series of **passive, yoga like stretches** using her hands, forearms, elbows, knees and feet to compress and palpate the muscles of the body. Rhythmic rocking and **acupressure techniques** are used to **replenish energy, relieve pain and lull the recipient into a relaxed state.**

## The Benefits...

Muscle stretching **increases flexibility** and **relaxes the muscles** to **relieve pain and inflammation**  
Gentle movements lubricate joints **reducing stiffness and improving mobility**  
Point pressure **releases muscle tension** and **stimulates energy lines** in the body  
**Increases blood circulation** and **lowers blood pressure** helping to release stress  
**Detoxifies** the body and **boosts the immune system** helping to prevent and alleviate illnesses  
Provides **relief** from physical symptoms such as **sciatica, back, neck and shoulder pain**  
Helps to **balance emotions** and can leave you feeling **renewed, revitalized and refreshed**  
Produces a feeling of **deep relaxation** and wellbeing

## Thai Yoga Massage Offerings

60 minutes - \$90.00 + HST

75 minutes - \$105.00 + HST

90 minutes - \$120.00 HST

ॐ Visit Jaya Yoga Centre reception to book a Thai Yoga Massage ॐ

- Email us at [info@jayayoga.ca](mailto:info@jayayoga.ca) or call us at 647.352.JAYA (5292)

# Thai Foot Massage

~ with Tatjana!



Experience a deep and unique feeling of balance and tranquility through the soles of your feet

## The Thai Foot Massage Experience:

Thai foot massage is a blend of the **healing elements** of India's **Ayurvedic** medicine, Japanese **shiatsu** and Chinese **reflexology**. Working with the feet and lower leg, this 2000 year old, highly reputed session frees up blocked energy within the body's many sen lines (Thai-based meridians) to **produce a deep and unique feeling of balance**, encourages **relaxation** and **release of tension** and fosters **good health** and **well being** throughout the entire body.

Performed on a Thai yoga mat or massage table, customized sessions begin with a **warm foot soak** proceeded by Thai foot massage techniques, including **stretching**, **kneading**, **applied pressure to reflex points** at the soles of the feet and **massage** of the **whole foot** and **lower leg**. The practitioner uses hands, fingers, thumbs, knuckles and a rounded wooden stick. Shea butter is applied to feet and lower legs. The session is completed with Thai yoga massage for legs, arms, hands, neck and head. Recipients are fully clothed in comfortable loose clothing.

Thai Foot Massage can be **relaxing**, **soothing**, **calming**, **balancing** and **energizing** for the entire body and especially for tired feet. The internal organs are stimulated during the Thai foot massage, giving the recipient a **holistic treatment** that can promote **whole body wellness and healing**.

## The Benefits...

Improves **circulation** in feet and legs

Stimulates **lymphatic drainage** and **boosts immune system**

Relieves **tension** and **stress** and encourages **physical healing**

Helps maintain general **good health** and **natural balance**

Produces a feeling of **tranquility**, **calmness** and **well being**

**Regular Price: 60 minutes - \$75.00 + HST**

**Purchase on-line at [www.jayayoga.ca](http://www.jayayoga.ca) or call us at 647.352.JAYA (5292)**

**Book at [info@jayayoga.ca](mailto:info@jayayoga.ca)**

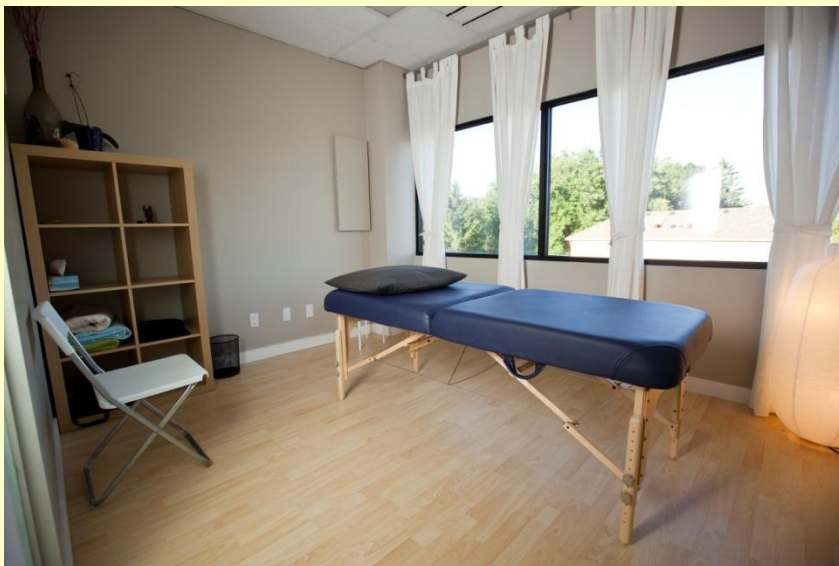
# Reiki

Jaya Yoga Centre has a private room dedicated to Healing Arts.

Here we offer energy work such as Reiki; an ancient yet simple Japanese healing technique for deep relaxation and stress reduction.

Please see reception for more information  
and to book your appointment

60 minutes ~ \$80.00 + HST



# Partner Yoga!

~ Private sessions



Classes can be tailored to the students special needs and these classes are great for special events such as Birthday's, Anniversary's or simply to re-connect with a loved one.

Great for couples, friends and for family!

60 minutes private partner classes

Fee: \$110.00 + HST per couple

Call or email to book your appointment. Appointments booked based on availability.

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