



Traditional Thai Yoga Massage

with Ariela

On May 11th - 13th an 18 hour training in
Traditional Thai Yoga Massage will be offered at the
"Abundance Wellness Center"



This training is a deep immersion in the art and the building of a strong foundation in which we can then develop. We will learn the basic one and a half hour sequence that is helpful to most needs. The focus will be to learn body mechanics awareness of breath and a full body session from the feet to the top of the head.

Friday - 6:00 pm - 9:00 pm *FREE INTRO

Saturday - 9:00 am - 6:00 pm

Sunday - 9:00 am - 3:00 pm

(Friday night required for certification)

Ariela has been teaching Thai Massage for 10 years at the Florida School of Massage and around the country. She is the author of "Ayurveda and Thai Massage".

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