

THAI MASSAGE

FOR PARTNERS & FRIENDS

SUNDAY, FEB 12, 3.00-5.30 PM

A WORKSHOP WITH DREW CORRIGAN LMT, RYT200



With origins stretching back nearly 2,500 years, Thai Massage is an amazing synthesis of many different massage techniques including acupressure, reflexology, rhythmic rocking, compression, the alignment and dynamic stretching postures of Hatha Yoga, herbal medicine, and the spiritual principles of centeredness and compassion.

Known in Thailand as “the lazy man’s yoga”, Thai Massage can help tone muscles, increase flexibility, bring peace and calm to the mind, and balance the natural flow of prana (life force energy) throughout the body.

In this fun, playful, hands-on workshop you will learn how you can share the gift of Thai Massage with your partner or friend, including relaxing foot massage, deep hip openers, leg and arm stretches, back bends, and soothing shoulder and neck massage. **Prepare to be relaxed and energized!**

Your workshop host Drew has worked in the field of massage and bodywork since 1996. He maintains a private practice in Thai Massage and other massage modalities from his home near The Plaza, Kansas City. He also enjoys running workshops in massage, yoga, energy healing, and nutritional excellence.

Cost: \$25 per person in advance, \$30 at the door.

Please bring your yoga mat, a blanket, a pillow, and your partner or friend. This workshop assumes no massage or yoga background.

Beginners are very welcome! However for safety reasons participants should be healthy (no infectious conditions) and basically injury-free. Please email any questions you have about the workshop to Drew Corrigan: drew@drewcorrigan.com

Please register either at the Front Desk or online at www.MayaYoga.com



www.mayayoga.com | 816-679-1053

215 W. 18th St, Suite 200

Kansas City, MO 64108