

An evening of Thai Shiatsu Partner Bodywork

with Debbie Bourque
Sat Oct 2, 7 - 8:30 pm

Spend the evening with your partner or a friend experiencing the art of Thai Yoga Bodywork; a deeply satisfying treatment that anyone can learn. This form of bodywork incorporates yoga stretches, joint mobilization, shiatsu pressure points and soft manipulation into a blissful rhythmic dance. We will focus on postures that are both effective and non stressful for the giver and receiver. Take time for a rejuvenating and educational experience and take home some practical skills to share with family and friends. Allowing a profound sense of letting go and opening of body mind and heart. For couples, friends or come alone.
Couples: \$30, by Oct 1, \$40 after
Single: \$15, by Oct 1, \$20 after
Register on line or at the studio.



Debbie Bourque is a co-teacher of the Thai Shiatsu certification program at the Green Mountain Institute of North Bennington, VT. She currently practices Thai Shiatsu in Bridgewater, MA. She holds certification degrees from the Boston School of Shiatsu in 1990 and Green Mountain Institute in 2003. Her style is soft, loving, gentle and very effective.



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