

“Valentine’s Day” Partner Bodywork

Sun Feb 12, 1 - 4pm

Spend the afternoon 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.

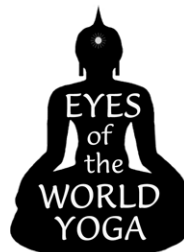
\$29 per couple by Feb 11, \$39 on Feb 12
\$19 single by Feb 11, \$29 on Feb 12



Debbie Bourque was 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.



Box 2450
Providence, RI 02906
(401) 295-5002
innerhappiness.com