

Benefits of Hatha Yoga and Thai Yoga Massage

Both Yoga and Thai yoga massage have numerous physical and mental benefits. Are you looking to

- reduce stress and tension?***
- build your immune system and detoxify your body?***
- Improve your breathing, posture, balance and flexibility?***
- tone your body and strengthen your joints?***
- Clear and calm your mind?***
- Slow down the aging process?***
- improve your mind body connection?***

With Yoga and Thai Yoga massage you have found the answer.



Central Alberta Martial Arts & Wellness Ctr.

www.gojuryu.ca

**“Life Skills through Karate:
building better people, families, &
communities”.**

©

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**Central Alberta Martial Arts
& Wellness Ctr.**

Thai Yoga Massage



Hatha Yoga Classes





INFORMATION ABOUT HATHA YOGA & THAI YOGA MASSAGE



Hatha Yoga

Wednesday evening at
7:45pm-9pm

This Yoga class is open to the beginner yoga students as well as experienced yogis.

Sandra is certified to teach Hatha and classical Ashtanga yoga. She has been practicing yoga for 16 years. Sandra has a true love for yoga and she brings that love to every class she teaches.

What is Hatha Yoga?

Hatha is a very general term that can encompass many of the physical types of yoga. If a class is described as Hatha style, it is probably going to be slow-paced and gentle and provide good instruction on the basic yoga poses.



Thai Massage

Centuries ago, bodywork therapy and Ayurveda were born in the Thailand. In this system of Thai Yoga Massage the practitioner guides the recipient through a series of yoga postures while palming and thumbing along the body's energy lines and pressure points. Together these actions result in a comprehensive full body treatment that relieves muscular tension, improves circulation, boosts the immune system and balances the body energetically.

Thai Yoga Massage is performed on a mat on the floor both client and practitioner are dressed in comfortable clothing allowing ease of movement and flexibility.

To book an appointment for Thai Yoga Massage, please speak with Sensei Dennis or e-mail Sandra at sandra@gojryu.ca

Yoga

a dynamic therapy based on Ayurveda was developed in the temples of unique healing

Thai Yoga massage

60 Minutes 69
90 Minutes 89
120 Minutes 99

Yoga Class

40 per month
Or 432 per year

When you pay for one year of yoga in full, you will receive a Free 1 hour Thai Yoga Massage Or

You have the option to combine your Yoga class with Tai Chi and Tai Chi KIDS and Family This is up to 5 classes a week

99 per month
commit to 1 year 89.00 mth mth year
year

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