

# Relaxing & Rejuvenating Thai Yoga Therapy Session

with Krishna (AMPQ Certified Massage Therapist)

Combines Acupressure & Thai Yoga Therapy to  
Guide you through a series of applied hatha yoga postures  
While gently stimulating the body's energy lines and pressure points



- Muscular tension is reduced
- Blood circulation is improved
- The body is balanced energetically

## Appointments

January 23 –24, 2010 BOOKED

February 20 –21 Available

March 20

\$75.00 – 1 Hr

Insurance receipts available

To book an appointment talk to Catherine or Arjuna: 819-684-2084 [info@yoga-aylmer.com](mailto:info@yoga-aylmer.com)

Sponsored by the *Yoga Therapy Healing Centre*, an auxiliary of **Yoga Sivananda de l'Outaouais**