

Thai Yoga Bodywork

with Keva



Thai Yoga Bodywork is a form of yoga that involves both a bodyworker and a client. In Thai Yoga Bodywork, the bodyworker uses rhythmic compressions, modified Yoga poses, joint manipulation, healing energy work and meditation to assist the client in creating harmony in their mind, body and spirit. Some of the benefits of Thai Yoga Bodywork include a greater range of motion, increased flexibility, increased vitality, relief from aches and muscular tension, increased circulation in the blood and lymph systems as well as mental and spiritual contentment. Thai Yoga Bodywork is performed on a padded floor with the bodyworker and recipient fully dressed and no oils are used.

What to Wear: Please wear comfortable fitting clothing that you can move in. Spandex workout clothing is fine. Please avoid wearing slacks, jeans or any clothing that will restrict movement.

Where: Grand Prairie, TX 75051 (exact location will be disclosed to clients who pay the required deposit for the session)

When: By appointment only

Cost: \$60

How Long: 1 Hour

How To Book An Appointment: Visit KevaLartridgeMack.com/contact.html

Your Bodyworker: Keva Lartridge-Mack is a holistic health practitioner and metaphysical teacher who uses Hatha Yoga, Thai Yoga Bodywork, meditation, bellydance, wellness education and metaphysics to assist individuals in creating healthier minds, bodies and spirits! Be sure to visit her online at KevaLartridgeMack.com.