



Join Us for this Fall 2024 Special Event!

Thai Massage Partner Workshop



Thursday, November 7th from 6:00 – 7:45pm

Thai massage, also known as Thai yoga massage or assisted yoga, doesn't use oils or kneading like traditional massage. Instead, your therapist helps you perform passive stretches and yoga poses to promote well-being by using their body to assist and guide you throughout. This may include use of hands, elbows, forearms and feet to help prop and reduce tension in your muscles. This type of massage also focuses on the internal energy pathways in the body which can be affected by the movements and stretches.

In this partner workshop, you will learn various Thai Massage techniques and sequences to use on each other, that help to improve range of motion, circulation, energetic flow and overall wellbeing. We will utilize acupressure points along the Sen lines of the body to promote healthy energetic flow and restore the body in areas where there is stuck or stagnant energy. Workshop price - \$75 per pair/couple

No experience in meditation or yoga required. Workshop open to ages 16 and up.

Things to Bring: Yoga mat & whatever you need to comfortably relax (pillow, cushion, blanket, etc.) If you do not have your own yoga mat, we will supply what's needed.

Class Size Limited - please sign up at The Wellness Spa front desk or call 715-341-3333 to reserve your place in class. Workshops are on a pre-pay, non-refundable registration basis.



Angela May knew her path in life was to share the knowledge and wisdom of yoga after completing her 200-hour yoga teacher training in Sacred Valley, Peru. As a professional yoga instructor, shamanic practitioner and healer, Angela guides people into listening to their inner self, stepping out of their comfort zone, and exploring their inner wisdom and ability to heal. Angela shares her creativity and talents as a local artist and co-created "Vibin' in the Pines" music, art and flow festival to bring an opportunity for many artists to share their own talents. She also works as a Restorative Therapist at The Wellness Spa and teaches Mindful Yoga, Restorative Salt Spa Yoga, Awakening Wellness Ritual and Soothing Sound classes and workshops.

Held at The Wellness Spa, 3916 Water Street, Stevens Point, WI 54481 www.WellnessSpaResort.com