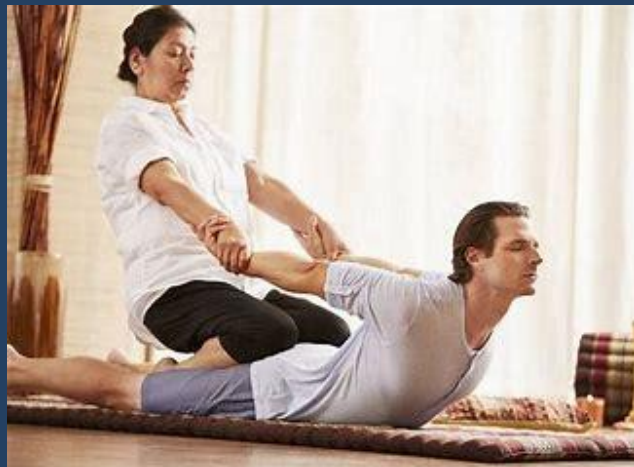




Join Us for this Fall 2026 Special Event!

# Thai Massage Partner Workshop



**Wednesday, November 11<sup>th</sup> from 5:30 – 7:30pm**

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 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 tension, tightness and discomfort. **Workshop price - \$75 per pair/couple**

No experience in mediation 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.

**\*Registration Required - Reserve your place in class today! Book Online [www.WellnessSpaResort.com](http://www.WellnessSpaResort.com) or call 715-341-3333 for more information. This class is 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 teaches Meditation & Mindful Yoga, Salt Spa Yoga, Soothing Sound classes and specialty workshops at The Wellness Spa.

**Held at The Wellness Spa, 3916 Water Street, Stevens Point, WI 54481 [www.WellnessSpaResort.com](http://www.WellnessSpaResort.com)**