

# Thai Yoga Therapy



## RACHAEL SELLARS' THAI YOGA SESSIONS at YOGA SANCTUARY'S EAST & WEST STUDIOS

*Feel better... from the inside out! Like a thousand gentle waves washing over the body.*

For over 2500 years people have been enjoying the benefits of Thai Yoga. Now you can too ... with Rachael Sellars RYT, a gifted yoga teacher and Thai Yoga therapist. Thai Yoga is an ancient form of therapeutic healing. Its roots are in India from where it was brought to Thailand by Ayurvedic doctors and Buddhist monks. Often described as assisted yoga, it combines acupressure, breathing, yoga stretches and energy balancing to provide profound benefits to the body, mind and spirit. During a session, while you are fully clothed and laying on a special mat, Rachael pays close attention to your level of flexibility as she gently moves you into different poses to allow energy to flow more freely. This "opening" increases mobility, flexibility, improves circulation, stimulates internal organs, boosts the immune system, reduces aches and pains, and relieves muscular and emotional tension. You'll leave feeling deeply nourished, relaxed and filled with energy. As an added benefit, Thai Yoga greatly enhances your yoga practice by restoring your natural balance and vitality.

Rachael brings a wealth of knowledge, wisdom and experience to her Thai Yoga sessions along with a compassionate soul. A long-time yoga teacher at Yoga Sanctuary, she completed her Thai Yoga certification with the world-renowned Saul David Raye. Whether you want healing support or tension relief, Rachael customizes each Thai Yoga session to meet your unique needs.

**1ST TIME INTRODUCTORY OFFER!!**  
**\$99 FOR 90-MINUTE SESSION!**

**SESSION FEES: 90 MINUTES 120 MINUTES**  
**\$129 \$149**