



HIGH DESERT YOGA



THAI YOGA MASSAGE WORKSHOP

WITH MARISA WOLFE

December 1, 2018 | 2 to 5 PM

High Desert Yoga

4600 Copper Ave NE Albuquerque 87108 | 505.232.9642

\$50 (+ tax) pre-registered | \$55 (+ tax) at the door

Thai Yoga Massage is a treat for both giver and receiver. In this workshop, you will learn to stretch and be stretched in a variety of familiar yoga-like positions to encourage length in your muscles, space in your joints and ease in your mind. Easy to give, a delight to receive, Thai Yoga Massage will give you a greater understanding of your own ability to move and the delight in really learning to let go.

New poses to explore everytime you take this workshop!

WWW.HIGHDESERTYOGA.COM