

SPECIAL EVENT



Couples Thai Yoga Massage with Amy Steinwald

Saturday, April 26 from 3-5pm

\$60/couple if registered by April 23, \$70/couple thereafter

**Delight a friend or loved one with simple
massage techniques!**

Spend a few hours learning and practicing some of the simple techniques of Thai yoga massage .

In this workshop we will learn the main principles of Thai yoga massage. Participants will get an opportunity to practice new techniques on their partner. Come learn about this smart, elegant and mindful form of massage with an experience practitioner.

Each couple should bring a set of old sheets.
Space is limited and pre-registration is required.

Amy Steinwald

Amy is a Hatha yoga instructor certified through the Temple of Kriya Yoga. She has been teaching for 6 years and has practiced for 11 years. She is also a certified Thai Yoga Massage Therapist who has been treating clients for 5 years. Amy is also a certified Pilates instructor through the Physicalmind Institute. She is a former modern and ballet dancer and has a degree in dance movement therapy from Barat College. Amy loves the sense of peace and balance that yoga has brought to her life and enjoys sharing that with her students.

To Register, fill out form below and mail or drop off at Bloom's front desk, call, or

APRIL THAI YOGA MASSAGE WORKSHOP REGISTRATION FORM

Name _____

Address _____

City/State/ZIP _____

Phone _____

Email _____

METHOD OF PAYMENT

Cash

Check

VISA, MC, or AMEX

Credit Card

Amount _____

Name on Card _____

Credit Card # _____

Expiration date _____

Signature _____

Bloom Cancellation Policies: Full payment reserves your space. Workshop fees are non-transferable and non-refundable. If you cancel more than 24 hours prior to the beginning of the workshop, your payment may be transferred to a studio credit that you can use for any Bloom Yoga Studio product or service. Studio credits have no expiration date. If you cancel less than 24 hours prior to the beginning of the workshop, you forfeit your payment.

visit www.bloomyogastudio.com

for information about classes, workshops & more!