



Thai Yoga

THERAPY

Thai Yoga Therapy is a type of bodywork that combines gentle, assisted yoga stretches with deep-tissue manipulation and acu-pressure points. This technique frees blocked energy channels, relieves muscular tension, reduces stress, and encourages a deep mind-body connection.

During a session the therapist assists the client into stretches based on yoga asanas (poses). Pressure is applied to points along the energy lines, using the hands, feet, and elbows. One does not need to be flexible to receive the benefits of a Thai Yoga Therapy session. The client wears loose, comfortable clothing and lies on a futon-like cushion for the session. No oils are used.

Benefits of Thai Yoga Therapy:

- *Reduces and relieves stress and anxiety*
- *Improves posture, balance, and corrects body alignment*
- *Relaxes muscles, increases flexibility, and mobility*

John Loft is a graduate of the Chicago School of Thai Massage and a member of the Thai Healing Alliance International (THAI). He has studied eastern philosophies and practiced yoga for 20 years. He believes that good health creates spiritual fulfillment, mental serenity, and the absence of physical ailment and discomfort.

For an appointment, contact John at jdloft@comcast.net
or by phone at 312-208-9933.

Full session (1 hour, 45 minutes) – \$90

Short session (1 hour) – \$75

Beverly Yoga Center

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