

The Acupressure Institute's
Friday Wellness Forum Series Proudly Presents-

Thai Massage:

Bodywork as Poetry & Prayer in Motion

w/ Katie Carrin

Friday April 20, 2008

7 - 9:30 pm FREE!!!

The Acupressure Institute Invites You to spend an Evening
Exploring the Spirit, Power and Beauty of **Thai Massage**
with Katie Carrin, AI Instructor & Practitioner Extraordinaire!

Katie will share her love of this exotic and effective style
through a brief history of Thai Massage, a demo of Thai techniques
and stories of her experiences studying in Thailand.

Thai Massage is an ancient art focusing on balancing the body's energy
through the "Sen Lines" (energy pathways similar to the meridians of
Acupressure). When these lines are in balance health and deep feeling of
well-being are promoted. In Thai Massage the practitioner places a recipient
in gentle, yoga-like postures and then presses rhythmically along the
channels, using hands, thumbs, forearms, elbows, knees, and feet.
These techniques help the recipient's energy move and flow more freely.
Additional benefits include increased flexibility, vitality, body awareness,
circulation, relaxation and resistance to disease.



Feel Free to bring Friends & Family!

Light snacks will be provided . . .



Acupressure Institute

"Awaken the Healing In Your Hands"

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www.AcupressureInstitute.com