

On Site Yoga & Massage for  
Weddings, Events or Just  
Because

It Feels **Good...**



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**Prices will be adjusted according to circumstances. A consultation is recommended before hand to accommodate special needs and desires.**



**Day of, Night before, Private, Group  
Yoga and/or Thai Massage**

Three opportunities to relieve stress and  
tension to fully be present for your

**Special Day!**

**Group Yoga:** This will provide a supportive environment for you to breathe, settle, relax and renew. As a group this offers a wonderful opportunity to bond in a way that may not otherwise present itself.

**Private Yoga:** An experience offering you a private 'letting go'. Move into your experience with contentment and self-love.

**Thai Massage (also known as Compassion in Motion):**

Calms the nervous system so you can completely receive and allow YOU to be nurtured. The recipient has no job other than to breathe. You will be moved and palpated in a way that your body will be rid of toxins in places you may be holding tension or stress, leaving you feeling renewed and refreshed.