

Thai Yoga Sessions

Laura became certified with Michael Sitzer's "Foundational Flow Thai Yoga" in August of 2013. After studying, practicing and completing this 40-hour program, she now offers in-studio Thai Yoga sessions for \$65 per hour.

Background:

Thai Yoga began in India and spread to Thailand around the 2nd century; it continues to evolve from the ancient teachings to present-day practitioners who, with practice, develop a style all their own. The personal, one on one, sessions are designed to actively open energy lines of the body through isolated stretching and deep compression. Breathing deeply into areas that hold tension and tightness allow for the free-flow of Life Force, radiant health and vibrant well-being!

"With positive and loving intention, I give you my complete awareness for each session.

We go on a journey together during the Thai Yoga sessions to free you from physical discomfort, ease your mind and uplift your Spirit! The 'Giver' and 'Receiver' roles interplay throughout the session to offer more ease of movement and a deep sense of calm.

There is no need for any stress or pain as we move together and enjoy the experience, like a yogic dance."

"Michael Sitzer, BA, LMT, is a very inspirational teacher who lives in Asheville, NC.

Michael incorporates his background as a certified yoga teacher and massage therapist to deliver a well-rounded training program in Thai Yoga and Therapeutic Massage. Formerly of Kripalu Yoga Center in Lenox, MA, Michael travels the world to share his passion and healing art form to others. He is one of the most caring and gentle human beings I've come in contact with and his style completely represents his peaceful nature.

I honor Michael with lots of Love and Gratitude!" Laura Caylor

What to Expect:

The setting is quiet, with soft lighting and music to create a sense of peace. You are asked to lie down on a cushioned mat and to get comfortable. Loose clothing that allows for maximum movement is suggested; tight, slippery spandex does not work very well. An initial intake form is used to ensure that the session is catered to meet your specific needs. Most people need more time spent on the neck, shoulders, traps, hips and lower back.

The purpose of Thai Yoga is to help with relaxation, not to treat any injuries or medical conditions. The session is typically an hour long and I do the work for you. Clients should expect movement of the body in various positions without assistance.

Simply put, "I stretch and compress - you breathe and RELAX!"

Gift Certificates are available in studio.