



AYURVEDIC YOGA STRETCHING MASSAGE IS A DEEP AND STRONG BODYWORK COMBINING:

- BLOOD STIMULATION AND LYMPH CIRCULATION
- DEEP AND REASSURING STROKES WITH HANDS AND RELEASING TOXINS, TENSIONS & BLOCKS.
- DEEP STROKES WITH FEET, USING ONE'S OWN WEIGHT & GRAVITY FOR DEEP WORK
- YOGIC STRETCHES – A COMBINATION TO OPEN JOINTS & RE-EDUCATE THE BODY MAP (IN THE BRAIN)
- DIRECTIONS TO MAXIMIZE STRETCHES & EXPAND THE BODY
- RESPIRATION – ENCOURAGING DEEPER AND MORE NATURAL BREATHING

THIS PROVOCATIVE YET DEEPLY RELAXING COMBINATION INCREASES THE BODY'S VITAL ENERGY (PRANA) FLOW FROM FEET TO HEAD. THE DURATION OF THE MASSAGE IS ABOUT 90MINS WITH THE WALKING BACK AND 60MINS WITHOUT.

