

Thai Yoga Massage



Thai Massage is an ancient healing modality, sometimes referred to as “lazy man’s yoga”! It consists of muscular compressions, stretching and joint mobilization. It is performed on a futon mat while wearing comfortable clothing. It can reduce stress, improve circulation, flexibility, & range of motion, center your mind & body, and release blocked or stagnant energy as well as stiff muscles.

\$90 for 90 minutes

JONATHAN STEINBERG
SEPTEMBER 29 - OCTOBER 1, 2017

Jonathan is a Licensed Massage Therapist who has experience in Tui Na, Therapeutic/Rehabilitative and Swedish techniques which he has utilized in doctor’s offices, PT Clinics, spas & fitness centers in NYC & the Virgin Islands. After completing Two Souls Thai Massage training, he moved to Thailand to continue his education. He has currently moved to Jonesboro, AR with his wife, Holland LeDelia, to create their wellness retreat center, Eastern Livity. jdavidlmt@gmail.com

Jonathan’s Available Times are Listed at the studio, please sign up or call 636-255-9642

Janeshousestudio.com

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