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Moira O'Keefe
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Therapeutic Thai Bodywork Sessions

Therapeutic Thai Bodywork. or Thai Yoga Massage is a therapeutic technique involving gentle stretching and pressure along energy lines, joint compression and decompression, rhythmic rocking, and more. Originating in Buddhist monasteries thousands of years, Thai Bodywork, releases energetic blockages, increases flexibility, and restores balance. All stretching and pressure is done within the comfortable tolerance of the client, and the work is performed on a futon on the floor. Wear loose comfortable clothing, as you will remain fully dressed for this full-body massage.

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- anyone who wants to experience more vitality and body awareness
- athletes
- people who suffer from stress, anxiety or chronic pain, and overuse injuries
- Business Professionals
- Yoga Practitioners
- Musicians
- You!





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