



Map of our location



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Thai  
**YOGA**  
massage

## Thai Yoga Massage with Romano

Believed to be over 2000 years old, traditional Thai massage is an authentic healing art and unique form of body therapy developed by people who used massage not only as a therapeutic method of healing to treat illnesses, but to maintain health and well-being.

It is the combination of yoga stretching, calmness of meditation, with acupressure, exercise movement and reflexology that makes it a healing art. It is worked on a floor with the client dressed in comfortable loose clothing. Thai method uses mainly point pressure and muscle stretching. And it is not just the hands that are used to free tension stored in the recipient's body, but the feet and elbows are used as well. Some of the innumerable physical, mental psychological benefits are:

### Physical Benefits of Thai Massage

- Help detoxification of the body and boost immune system
- Increase blood circulation, lower blood pressure
- Good for muscle relaxation, increase flexibility in your muscles, increase mobility
- Improves breathing
- Improves posture, balance, corrects body alignments and dissolves energy blockages
- Improves athletic performance
- Helps arthritis and back pain
- Helps tone the body, strengthen joints and fight disease, including chronic joint problems
- Prevents illnesses and alleviates degenerative diseases
- Slows the aging process

### Mental Benefits of Thai Massage

- Improve your outlook towards life; builds an emotional balance
- Help with concentration and creativity/Mind and body concentration
- Clear and calm your mind
- Help you gain mental clarity

### Psychological Effects of Thai Massage

- Reduce and relieve stress and anxiety
- Help people boost their inner energy levels
- Develop discipline and self-control
- Achieve better health, increases health and vitality
- Raise the energy level and stamina
- Build internal power (and creates a natural confidence)

### Thai Yoga Massage Rates all prices include tax

- A full body 1.5 hour Thai Yoga Massage is \$90.00 (\$75 for Yoga Loft members)
- A 1 hour Thai Yoga Massage is \$65.00 (\$55 for Yoga Loft members)
- A 40 minute foot, leg, hand and head massage is \$40.00

To book an appointment with Romano, or purchase a gift certificate, please call (519)965-9728 or email [romano@walkervilleyogaloft.com](mailto:romano@walkervilleyogaloft.com)

