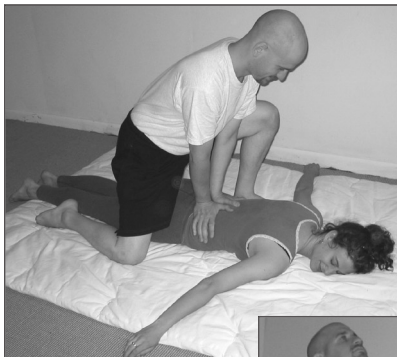


RESTORE BALANCE TO YOUR BODY • INCREASE FLEXIBILITY • RELEASE STRESS AND TENSION  
RELIEVE ACHES AND SORENESS • PROMOTE THE FREE FLOW OF ENERGY WITHIN THE BODY

# THAI YOGA THERAPY



## What is Thai Yoga?

Thai Yoga Therapy is a combination of therapeutic stretching, joint mobilization, acupressure, energy balancing, assisted Yoga asana, and meditation. The Thai Yoga practitioner uses his thumbs, fingers, palms, forearms, elbows, knees and feet.

A comfortably soothing, meditative, rocking motion is its trademark. Joints are opened, muscles and tendons stretched, internal organs toned, and vitality increased - bringing about a deep state of relaxation, rejuvenation and well-being. Promoting the free flow of energy works to restore balance and create a deep state of relaxation and well-being for both the client and practitioner.

## Why should I get Thai Yoga Therapy?

Thai Yoga promotes the free flow of energy in the body. As you open your energy pathways, your body will be able to heal itself more effectively. Along with general health benefits, Thai Yoga is great for conditions such as insomnia, migraines, menstrual problems, digestive difficulties, arthritis, and stress-related conditions.

## How long is a session?

Sessions can be booked for 1 1/2, 2, or 2 1/2 hours.

## What should I wear?

Thai Yoga is done fully clothed. Wear comfortable clothing, as you would for a yoga class - leggings or shorts and a tank top or t-shirt.

## Where can I get Thai Yoga?

Thai Yoga is done on a futon or mat on the floor.  
At your home, or at my office:  
122 West 20th Street  
(between 7th and 8th Avenues)

## How much does it cost?

1 1/2 hour \$90  
2 hours \$110  
2 1/2 hours \$135  
(Discounts are available)

**Contact me to find out more.**

**1.212.252.3118**

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**www.breathingdeeply.com**

Brandt Bhanu Passalacqua, RYT, is a certified Thai yoga practitioner and hatha yoga teacher. After struggling with weight, food and substance addiction, and serious illness, he found his way to an easeful restorative yoga practice. He has maintained his health and lost 100 pounds by being kind to his body. He currently offers Thai yoga therapy, yoga therapy, hatha yoga instruction, and yoga and food coaching for weight loss privately in New York City.