



ZENTHAI SHIATSU

focused intention therapy . bodywork . yoga

BYRON BAY November 19, 2017 9.30am - 12.30pm

therapeutic flying ...

UPSIDE DOWN, INSIDE OUT



Let another's feet

be the soft massage mat...

allow your body to simply be suspended

upside down

inside out ...

beyond our patterns and fixations

trust and gravity your allies

Unwind without the rewind

you will stand tall

in a brand new way ...

Incorporating modalities from a variety of styles - including AcroYoga, Tula yoga and Thai massage, - you will experience the unique healing experience of being suspended in the air. We will explore simple, yet effective, gestures to really let your partner let go and unwind. The breath deepens, time stops still and old patterns are released.

Gwyn Williams is the founder of Zenthai Shiatsu - an integration of Zen Shiatsu, Thai massage and osteopathic technique. From humble beginnings over 15 years ago, Gwyn's Zenthai method has grown to be an evolving movement-based therapy program, with solo, partner and group offerings. Gwyn travels extensively, teaching at festivals, workshops and retreats around the world. His work can also be viewed through his book 'The Zen of touch'.



LOCATION -
103 Yagers Lane, Skinners Shoot
BYRON BAY

COST - \$35 limited spaces
BOOKINGS ESSENTIAL
Contact Chase Erbacher
0432 065 200

This will give you so much lift! You simply walk away, wanting to practice again and again ...
as there is no joy like the joy of helping another ...

www.zenthaishiatsu.com