



Thai Yoga Partners Workshop

July 24, 2-4 pm
\$30/single or \$50/partners

Namaste welcomes back Tamo from Heading OM Yoga in West Peoria, IL for a two hour hands-on workshop incorporating the giving and receiving practice of Traditional Thai Yoga.

Thai Yoga practice pairs passive yoga postures and hand and foot pressure to relieve tension in the body, mind & spirit.

No Experience Necessary!

Perfect for yoga practitioners, teachers, body workers, physical therapists & YOU!

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