

# THAI YOGA MASSAGE KUNDALINI REIKI (Bristol amp Cardiff)



Location **South West, Avon**  
<https://www.freeadsz.co.uk/x-388249-z>

### WHAT IS IT?

Smoothness, rhythm and flow. Treatment starts from toe to head, involves stretching, thumbing, palming and application of therapeutic points while energy is drawn up from the lower chakras and released through the crown. Intuition and loving kindness play a large part in the process towards the ultimate zen.

### THE VAGABONDING HEALER

I left an award-winning career of pushing consumerism to travel the world. In pursuit of this spiritual artform, I lived and trained with the hilltribe people in the mountains of Thailand. Since, I've been happily spreading the good vibes across continents. I combine full body traditional Thai massage with Kundalini Reiki, holistically promoting internal health as well as muscular flexibility. My style of treatment is more alternative compared to the conventional oil massage that is common in the West. Every session starts with a consultation - it is important for me to find out how you feel so I can pay more attention to the problem area(s).

### WHAT HAPPENS?




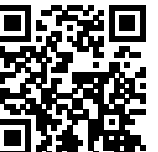






You lie on a mat on the floor, fully clothed (there is absolutely no need to strip so don't bother asking about this). No rubbing involved except on your hands, neck and shoulders. I use thumbs, palms, forearms, elbows, knees and feet to gently yet firmly press, pull and stretch your body. Think of it as passive yoga - I do all the work while you just chill.

### WHAT ARE THE BENEFITS?

• Improves circulation  
 • Relaxes muscles  
 • Increases flexibility  
 • Improves posture  
 • Reduces stress  
 • Promotes relaxation  
 • Boosts energy  
 • Enhances mood  
 • Improves sleep  
 • Aids in weight loss  
 • Relieves pain  
 • Improves skin health  
 • Boosts immune system  
 • Promotes overall well-being  
 • Enhances spiritual growth  
 • Improves focus and concentration  
 • Reduces anxiety  
 • Promotes emotional balance  
 • Enhances self-awareness  
 • Improves relationships  
 • Promotes inner peace  
 • Boosts confidence  
 • Enhances creativity  
 • Improves digestion  
 • Relieves headaches  
 • Promotes healthy hair  
 • Boosts metabolism  
 • Improves circulation to the scalp  
 • Relaxes the face and neck  
 • Promotes a healthy complexion  
 • Enhances the senses  
 • Improves memory  
 • Promotes mental clarity  
 • Reduces fatigue  
 • Boosts vitality  
 • Enhances overall health and wellness

Standard Rates :  
 £25 - 45 Minutes  
 £35 - 60 Minutes  
 £55 - 90 Minutes

Happiness is when what you think, what you say, and what you do are in harmony. ~ Gandhi

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(THIS IS A PROFESSIONAL AND STRICTLY NON-SEXUAL)