

In 2018 I followed the clear call of my heart by expanding my field of activity to Thai Yoga Bodywork (NUAD), a beautiful holistic treatment to **balance life energy** and **enhance personal well-being** by working on 10 selected energy lines of the body through the quality of touch. My specialization in body and movement awareness, due to my experience as stuntwoman, dancer and movement coach, turned out to be the perfect foundation for this new chapter.

During the treatment, also known as **"passive yoga"**, I apply general pressure on specific energy lines and energy points, plus giving certain lines a pleasant stretch.

As a client you let go of daily issues and enter a state of **deep relaxation** and freedom, while perceiving your breath and body. – Thai Yoga Bodywork is a beautiful journey for both, giver and receiver.

BALANCE YOUR ENERGY FLOW



PRICES

- 90 min / € 95,00
- 120 min / € 115,00

Treatment blocks:

- 5 x 90 min / € 450,00
- 10 x 90 min / € 850,00

Share good vibes & buy a gift card!



Studio LIMOTION

Mobile: +43 (0) 650 2723446

Location: Hainburger Straße 37/12, 1030 Vienna

Metro: U3 Kardinal-Nagl-Platz (exit Keinergasse)

FURTHER READING - „The Art of Traditional Thai Massage“ by Asokananda

HISTORICAL ROOTS and THEORETICAL FOUNDATION

With its historical roots in India, Thai Massage has been influenced strongly by yoga philosophy which states that life energy (called Prana) is absorbed with the air we breathe and the food we eat. Along a network of energy lines, called Prana Nadis, the human being is then supplied with this vital energy. These energy lines are invisible and cannot be verified anatomically. This multitude of, said to be 72,000 energy lines, form a sort of second body, the "energy body". Thai massage selected ten main lines, "The 10 Sen", which cover important acupressure points.

THE SPIRIT OF THAI YOGA MASSAGE

The giving of massage was understood to be a physical application of Metta, the Pali (and Thai) word used in Theravada Buddhism to denote 'loving kindness' – and devoted masseurs still work in such a spirit today. A truly good masseur performs his art in a meditative mood. He starts with a meditative prayer, to fully center himself on the work he is about to perform and works with full awareness, mindfulness and concentration.