



# TABLE THAI STRETCHING

## Elevate

Want to elevate your business above the rest? This routine will get you there. You will learn a full body Thai based routine that will elevate your business to the next level. This routine can be used as a whole or in individual moves to suite your client's needs. Based on traditional Thai moves, this is performed with the client fully clothed and the practitioner working on and off the table.

[bodyworkneuromuscular.com](http://bodyworkneuromuscular.com) for more information and to register. Class size is limited so get in early to reserve your spot and get the early bird price.

Join us September  
27-28, 9-3pm

Bodymechanics  
8000 NE13th  
Vancouver

12 CEUs \$350,  
\$300 early bird  
registration

learn how to work  
all major muscles  
groups, Psoas,  
Hamstrings,  
Quads, ESGs,  
Compartments of  
the leg and more.

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**venmo**

