



The Healing Powers of Thai Vinyasa

with Lucile Palancher, founder and teacher

Saturday, January 14, 2012 12:30 – 1:30pm

- Shed years of tension and chronic pain.
- Learn delicious, unsurpassed and safe hands-on yoga assists.
- Develop your intuition and learn to trust it.
- Discover a deeper flow of movement and healing.
- Learn how to better your own self-care.
- Use great alignment and develop highly efficient body mechanics.
- Save your hands and thumbs.
- Excel in working with people with special needs.

Find out Thai Vinyasa's many success stories about headaches/migraines, back problems, sciatica, frozen shoulders, nerve and muscle regeneration, spinal cord injury, walking disabilities, eating disorders, low self-esteem etc...

Thai Vinyasa goes **beyond the techniques** and offers a hands-on experiential approach that is based on using a **deep listening** and on "**what works**".

More than just exceptional Bodywork, Thai Vinyasa is Active Movement (Yoga-like movement and more!), Breath, Belief Systems and Nutrition for a more complete healing experience.

If you love yoga, you will certainly be touched by Thai Vinyasa!

This event is FREE OF CHARGE. RSVP Lucile, 248 246-6444 or Gary, Livonia Yoga Center, 734 765-6090.

About Lucile Palancher

Lucile started on her path to Thai Vinyasa innately as a child in her native France. There she also got introduced to the deep innate healing ability of the "Rebouteux", the amazing French bone setters from the country side (which are at the origins of what is now known as modern Osteopathic and Chiropractic Medicine). Soon thru Thai Massage Lucile rediscovered Thai Vinyasa which she now teaches. Her next 200-Hour Practitioner Certification Program starts January 27, 2012.

www.ThaiVinyasa.com



Thai Vinyasa

Be deeply nurtured



Livonia
YOGA CENTER