

# Couples Bodywork

## Thai for Two with Your Sweetheart



For couples of all orientations

Enjoy a deeper sense of intimacy and appreciation for your partner. Couples Bodywork derives its power as a practice from yoga, Thai massage, shiatsu, and meditation. It's a great reminder to make spiritual time a priority in your relationship and a gift that the two of you can share throughout your lives.

With humor, compassion, and attentive assistance, Bonnie and Jack create a welcoming atmosphere that makes this weekend workshop relaxing, fun, and enjoyable. You will experience:

- Friendship and passion in touching and being touched
- Techniques to relax or energize your partner
- Ways to give without tiring
- How it feels to let go of the need to be perfect.

While this bodywork is done fully clothed, these profoundly simple massage techniques can be more intimate than traditional massage. Through Couples Bodywork, many couples feel both playful and closer. Others find reverence, grace, and a beauty of spirit in their awareness and tenderness for one another. And everyone agrees that taking time away from everyday concerns through the comfort of a partner's hands is the best date you can have.

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## Register

**Date:** **Saturday February 11 from 5pm to 8:30pm**  
(Cobleskill Studio, 578 Main Street)

**Sunday February 12 from 5pm to 8:30pm**  
(Cooperstown Studio, Main Street, Key Bank)

**Call 518-234-9642 or 607-264-8327**

**Fee:** \$65.00 per couple