



SPECIAL PRICE!

**2-Hour Private Thai Yoga Therapy Session for \$75
with Meenal Kelkar, Owner of Integrative InSight**

**(Recently Featured in *The Ventura County Star* and
Camarillo Health Care District's *Healthy Attitudes*)**

What is Thai Yoga Therapy?

- It is a facilitated moving meditation.
- It combines supported yoga stretches, meditation, acupressure, gentle twisting, and energy work.
- It releases stress and tension, quiets the mind and improves well-being.
- It deepens the connection between mind, body and spirit.
- Absolutely no knowledge of either yoga or meditation is required.

"It was comforting, relaxing, and meditative. ... My mind felt like it was freely drifting, while my body felt safely supported at all times. The movements effectively released muscle strains in [my] lower back, shoulder and neck." – recent client feedback

- Full 2-hour Thai Yoga Therapy session for \$75 (a substantial discount from my standard rate)
- I was taught by Saul David Raye, world-renown Thai Yoga Therapy teacher. I need a prerequisite number of sessions to advance to the Intermediate Certification.
- This offer is valid for an unlimited number of sessions (at our Camarillo location only) until my certification completed. I can travel to your place for an additional fee.

Meenal Kelkar
Certified Phoenix Rising Yoga Therapy Practitioner,
Certified Yoga Therapy Teacher
Integrative InSight (www.integrative-insight.com)

Call Meenal at 805-504-6640 to schedule an appointment (or for more information).

