

Om Massage Yoga

Thai massage is the perfect massage to balance the body, mind, and spirit. Often referred to as "lazy man's yoga", you'll leave this massage feeling like you just had a deep tissue massage, yoga class and reflexology all at once. The client remains fully clothed, reclines on a thai mat and remains completely passive through out the entire experience. Book your session directly after your favorite class or on it's own and find out what true bliss is!



Ashley
Avilez
E-RYT 200,
LMBT 9459

90 Minutes \$150
120 Minutes \$200

TO SCHEDULE YOUR OmMassage@Live.com
APPOINTMENT: 704.287.9552

Om Massage Yoga

Ashley Avilez RYT-200, has had a daily, focused practice since '07 and has been teaching since '10. Classes are intelligently sequenced to strengthen and open the body at the same time. Get ready to be challenged but most of all to have fun!



Om Massage

Experience yoga in your home or office. Perfect for the beginner and experienced yogi alike, learn proper alignment or deepen your practice.

60-90 Minute class \$70
3 class pass \$65 each
5 class pass \$60 each

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