



# Guided Partner Thai Yoga Flow

*With Tung Bui*

Sunday, February 12, 2012 @ 3:30–5:45 pm | \$50 couple / \$25 individual

## The Workshop --



This is a fun, safe and stress-releasing class for partners, friends, and individuals who want to experience the blissful and relaxing effects of Traditional Thai Yoga Bodywork techniques; sometimes referred to as Thai Yoga Therapy because the therapist uses rhythmic compressions with his or her hands, elbows, knees, legs, and feet while moving you into a series of yoga stretches. Many

people say Thai Yoga is like doing yoga without any work!

Tung guides participants through Thai Yoga techniques as they playfully and blissfully try them out on each other. Learn how to give a basic sequence of stress-releasing stretches, twists and light rhythmic compressions to your partner. One person acts as the “Giver” and is more active, while the other is the “Receiver” and takes a more passive role. Switch halfway through and experience both ends of this loving-kindness spectrum!

Please bring your inner peace, along with your yoga mat to double up with your partner’s. Limited yoga blankets will be provided; therefore, if you would like to bring your own for added cushion, please do so.

Participants practice comfortably clothed, on mats/blankets on the floor, while Tung carefully demonstrates each move on a model; verbally guiding the group through a satisfying, blissful, therapeutic session.

No prior bodywork training is necessary; Most of the moves can be performed by anyone with a little yoga experience and/or medium level of fitness and flexibility; kneeling positions will be maintained for a few minutes at a time.

## Presented by --

Tung Bui

*Tung’s instruction is characterized by an attitude of joy and curiosity.*



Born in Vietnam but raised in Kansas, Tung was introduced to yoga in 2001 and has since been practicing and studying various styles of yoga, including Ashtanga, Vinyasa, Bikram, and Anusara Yoga.

Tung loves learning and always makes time to spark and deepen his insight, practice and teachings of yoga through workshops, retreats and teacher trainings. He is also a certified Thai Yoga Therapy Practitioner under one of his favorite teachers Saul David Raye.

Tung is an attentive patient teacher, teaching from the heart, enjoying this life-long journey of yoga while raising his two beautiful kids.

Questions about the workshop? Contact Tung via email at [tungbui@artofthaiyoga.com](mailto:tungbui@artofthaiyoga.com) or visit Tung’s website [www.artofthaiyoga.com](http://www.artofthaiyoga.com)

### REGISTRATION

<b>Online</b>	See the Events page on the website at <a href="http://www.yogallery.com">www.yogallery.com</a> and click on the link to signup
<b>At the Studio</b>	Forms available at the studio or online -- drop your registration off just before or after class
<b>Via Mail</b>	Grab a form at the Studio or online, fill it out, and drop in the mail box

Yoga Gallery, LLC 7941 Santa Fe Drive, Overland Park, KS 66204 / 913-432-5568 / [www.yogallery.com](http://www.yogallery.com)

Thai Yoga Flow 2/2/2012 3:30 to 5:45 pm \$50 per couple (\$25 for individuals)

Name:	
Phone #:	
Email:	
Address:	
Cash / Check / Major Credit Cards Accepted: Visa/MC/Discover/AMEX # _____ Exp Date _____	