

# Marma Points Therapy & Facial Massage

Friday 10/17

7:30-9:30 pm

Cost: \$35/ \$55 couple.

No partner needed. Pre-registration by 10/13 only.  
Space is limited. Couples will receive one set of supplies.  
*Doors locked at 7:35 pm. No refunds or transfer credit for workshops.*

Learn the fundamentals of Ayurveda and Marma, vital pressure points of concentrated energy that can be stimulated to release endorphins and neurotransmitters for all-over mood enhancement, relaxation and alleviation of pain.

We will practice both hands-on massage with a partner as well as self-massage. Optional therapeutic oil infused with natural essential oils will be provided for you to take home.

*Taught by Saundaryā O'Donnell, ERYT 500,  
Director of Yoga Therapy Studies and Licensed Massage Therapist.*



 sun moon  
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