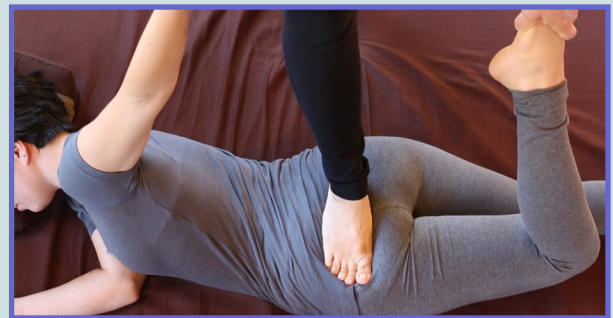


Jap Sen Style Thai Massage

October 19-20

Jap Sen, meaning “to grasp” the sen “energy lines” is a unique style different from Northern style in that applies stronger pressure using knees, elbows, feet, heels and thumbs. It is a deeper approach with focus on therapy for joints, nerves and relieving painful conditions. It increases range of motion, softens tendons, lengthens muscles and realigns bones. Jap Sen style is highly effective and gets to the core of what is needed for therapy.



Janice Gagnon owner of Spirit Winds School of Thai Massage studied with and co-taught with Master Lek Chaiya, the founder, for many years and is dedicated to carrying on this Matriarchal Lineage.

This 15 Hour training will be located at Sattva Yoga in Valencia, Spain

Registration: Laia: +34 610388917 or Roberto: +34 687891199 Oct 19-20th, 9am –6:30pm, £250 (earlybird discount £200 by Sept 9/19)

See the promo video about Jap Sen Style and Janice Gagnon: [Click here](#)