# SUNBIRD HEALING

HOLISTIC WELLBEING AND LEARNING

### ACCUPUNCTURE

Orthopaedic dry needling or acupuncture treatment based on traditional Chinese medicine and Ayurveda (with tongue and pulse diagnosis)

60 minutes .... 2500 INR (first session, inclusive consultation) 30 minutes .... 1000 INR

### THERAPEUTIC MASSAGE

Unique therapy massage, based on Thai Yoga Massage techniques/principles, Deep Tissue, Acupressure and Yoga-stretches.

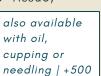
60 minutes .... 3000 INR 90 minutes .... 3500 INR Packages with discount avaiable

#### SUNBIRD SHALA

Community space overlooking the fields and lake. Please RSVP.

**Yoga with Ilka** Wednesdays & Fridays 7.30-8.30 am

**Yoga with Vedika** Tuesdays & Thursdays 7.30–8.30 am









# Learn Thai Yoga Massage in a certified course!

Contact for more information. Private & group courses available.



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