



ZettZ Thai Massage Practice Nights

with Lazette Harnish, LMT

Fridays ~ 7 -8:30 pm

June 12 July 10 July 24

Cost: 10/person

Learn stretching postures for yourself and your partner. You'll leave class feeling relaxed and lighter with a greater range of motion. Bring a partner or find one at the class.

We'll open the range of motion in the lower body including legs, hips, and lower back and experience upper body openness decreasing tension in neck, and shoulders, all this with gentle stretching, rocking & compression.

Wear loose, comfortable clothing and bring a towel or mat if you have one. Read more about Lazette at ZettZ.com.

RoseSprings Center for the Healing Arts

5215 NE Elam Young Parkway, Suite A
(located 1 ½ blocks North of Hawthorn Farms Max Station)
Hillsboro, OR 97124
503-693-9101

rosespringscenter.com