

3rd International Conference on

Holistic Medicine and Nursing Practice

July 25-26, 2018 | Vancouver, Canada



Susan Horning

Unity yoga teahouse, Canada

Thai yoga massage

This class includes cooperative practice in yoga postures designed to assist healing and opening through counterbalance, weight transfer and personal touch using our hands and feet! Work together with a friend to balance one another's body weight, offer effective hands-on healing, adjustments and give gentle relaxation massage.

Suitable for all levels and abilities. Some yoga experience is an asset.

Biography

Susan is a passionate and experienced Yoga Teacher and Herbalist (UnityHerbals.ca). Founder of Unity Yoga Teahouse (UnityYoga.ca) in Vancouver since 2006, she offers public classes in yoga, meditation, partner practices, Acro-yoga, and Thai massage, as well as personal consultations in Taoist astrology, Tarot, I-Ching, and Flying Stars Feng Shui (QuanYin.ca). With a decade of full time teaching experience and over 1000 hours of training, her offerings are enriched by her retreat offerings to Salt Spring Island, Costa Rica, Guatemala, Indonesia and Mexico (UnityRetreats.ca).

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