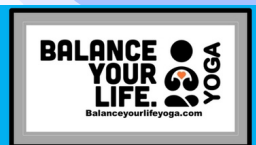


# BYLY Yomassage® Mindful Touch™ vs. Traditional Massage

Feature	Yomassage® Mindful Touch™	Traditional Massage
Location/Other participants	On a yoga mat on the floor of a relaxing, carpeted yoga room (1-5 ppl.) or a yoga studio (6-12 ppl.) All participants wear yoga-friendly, comfortable clothes. It's possible even to practice in your office attire for a relaxing lunchtime break!	On a massage table by yourself or perhaps 1 other person. Participants disrobe to their preference.
Price	1 person (private session) \$35-45 2-5 people (semi-private session) \$25-35 **6-12 people would be a "Restorative Yoga + Light Massage" class with a massage therapist 60 mins./\$20 pp.	Depending on specials and location, \$45-150 per person
Who can participate?	Accessible to anyone who can get on and off the yoga mat. No need to be "flexible." No prior yoga experience required. This is a yoga class where props do all the work for you as you receive the pose and mindful touch on the floor. No need for your own equipment. It's all provided!	Accessible to anyone who can get on and off a massage table.
Meditation	Participants are helped into meditation throughout the practice, so a deeper level of relaxation is reached in the class. Also, the "happy hormones" are activated in the body, providing a deeper sense of reduced anxiety.	Generally, no meditation is offered.
Licensed Instructors	Cynthia Haas is a certified Yomassage® Mindful Touch™ instructor, and RYT 200+ yoga instructor with over 15 years experience and will conduct classes for 1-5 participants.  Both Cynthia Haas and Mark Lechtner (certified massage therapist) will conduct the "Restorative Yoga + Light Massage" classes for 6-12 participants.	Generally, one massage therapist is present during the massage session.



Ready to book your Mindful Touch class? Go to [www.balanceyourlifeyoga.com](http://www.balanceyourlifeyoga.com)  
Want to know more about Yomassage®? Go to [www.yomassage.com](http://www.yomassage.com)