



I'm not a robot

































This is a great video for anyone that uses their arms, wrists, fingers and shoulders in their career as a Length: 32 minutes Level: All Levels. Megan performs the Cobra Stretch on Shai.... Megan and Shai from the Still Light Centre, a Thai By the end of this video you will know the distinct differences and similarities between physical therapists and Relieve pain, improve flexibility, and boost recovery with this Full Body Assisted Stretch Are you a bodyworker feeling tension in your upper back, neck, forearms, hips, or hands? This targeted stretch routine is designedÂ ... Thai Massage Demo, Full Body Relaxation My new book is out! It's called Shai and Megan demonstrate a wonderful Thai