



ARE YOU IN? SIGN UP FOR STYLE CLUB

## It's Time for Tapas, Massages and New Year's Celebrations!

### Laid-Back Yoga



It sounds terrible, but sometimes (read: around the holidays) even yoga takes too much energy. If you feel our pain, check out Chaan Thai yoga massage at [Chaan Thai Yoga Therapy](#) in Fairfax, which takes relaxation to the next level.

Sure, downward dog feels great. But with this technique, the practitioner puts *you* into yoga positions that improve flexibility, stimulate circulation and ease tension. It's not called "lazy man's yoga" for nothing!

The studio also offers Chaan Thai herbal poultice massage, with stretching, acupressure and hot Thai herbs to relax you and boost energy, and other therapies. In January, clients can get a one-hour service half price after buying two hour-long services.

*[Chaan Thai Yoga Therapy](#), 8300 Arlington Blvd., Suite C3, Fairfax, Va., 703.846.8228*

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