



PREM BODHI  
THAI STYLE THERAPY

# Body therapy

Toni is an expert in body work and through massage he can liberate tensions and work with emotions. Combined with psychology therapy, his presence in our center aims to give you a more holistic approach of well-being.



# TREATMENTS

[List of massages](#)

# TRADITIONAL THAI MASSAGE

Through pressure and stretches we will work on the body, mind and emotions; to form a dance between the therapist and receiver. Among all of the benefits this bodywork yields, of particular importance, is posture improvement. It also tones the nervous system, aids in blood flow, and activates the lymphatic system.

## Prices

90' - 120eur.



# BOK-BU MASSAGE - INTERNAL ORGANS AND ABDOMEN

Originally from Korea, this massage is focused on the abdomen and it works the whole body, mind and soul. According to ancient Taoist masters, the energy of heaven and earth converge in the navel, also known as Tan Tien. The abdomen also contains important organs like the liver, kidneys and intestines. The massage work focused in this area lets the flow of energy revitalize from the center of the body, eliminating blockages and aiding in the movement of the energy.

## Prices

90' - 130eur.





# ARUN CONCIOUS TOUCH

A technique created by Anasha and Anubuddha in 1994 from the teachings of Osho. It's a massage that lets you feel the present moment and re-connect with your essence. Let your expectations, desires, fantasies and fears flow... and concentrate on your breath, on the touch, turning the massage into a personal meditation. Observe your inner being without wanting to change anything. Do not judge the tension; let yourself feel your body, which is perfect just as it is. The sensations will flow from one to another. This massage will help you to get to know yourself better, feel your body and the life inside of it.

## Prices

90' - 130eur.



## Antonio Polonio

I am trained in Gestalt, Arun Conscious Touch, and Tantra. I have taken courses on Thai-Yoga, Bok-Bu, Chiromassage and Advanced Traditional Thai Massage in Thailand. I have also been an assistant at Tantra workshops with Hari Dass and at a meditation seminar with Sesha. I maintain a healthy body through daily yoga and meditation.

In my massage sessions you will find a special place for yourself. I am open to whatever you wish to contribute and will take care of every detail.

I am interested in knowing how you are feeling upon arriving. I will listen to you and your body carefully, with awareness. In my massage sessions I put into practice all I have learned throughout my life: my training in Gestalt therapy, personal development, and meditation. Sometimes through touch, emotions and the necessity of sharing something intimate emerges. This is all welcome in my space. You are going to find something real and therapeutic – hands that touch you with awareness, hands that truly listen to you.

Self-knowledge is essential for one to share in a more spontaneous and conscious way of what is being received. Being in the here and now is the most real and healing way to connect.





# Let's get in touch.

For more information or to book your next session, feel free to contact me.

E-mail:

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I know no greater value than the one necessary to look within yourself.

- Osho -

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