

# THAI MASSAGE

This ancient system of healing has its roots in Yoga, Ayurvedic medicine & Buddhist spiritual practice. The unique treatment combines rhythmic massage, acupressure, gentle twisting, deep stretching & meditation. Thai Massage releases tension, increases vitality & creates wholeness of mind, body & spirit.  
(This massage is conducted fully clothed)

JOIN US TODAY!

250.486.7295

6220 MAIN STREET  
OLIVER, BC

winecapital@pur-zen.com

www.pur-zen.com

FITNESS | NUTRITION | WELLNESS

www.pur-zen.com

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Full Thai Massage	80min/\$75
Shoulders/Back & Neck	40min/\$50
Sports Thai Massage	60min/\$60

Tailored for the sports enthusiast with active release techniques to target the areas of your body impacted the most. This is most frequently requested session



*Appointments must be made well in advance. If you are a new client & not a referral, a consultation may be required before accepting new clients.*

*To Book an appointment, please contact:  
winecapital@pur-zen.com  
250.484.7295 leave a message*

## Something for Everybody

Whether you are a long-time yoga/fitness enthusiast or just getting started, we provide what you need to enjoy your experience. The beauty of it all is that everybody can have a healthy lifestyle regardless of age, experience or level of flexibility. **PurZEN** is about letting go of criticisms, judgments and competition. So come on in, sweat, relax and find a little **ZEN**.



OWNER - Teresa Maurer, TMT

Member of the Canadian Health Practitioners Association of BC

E-RYT 500hr YOGA Alliance

SOYA certified practitioner of yoga

IYTA certified International yoga instructor  
(Australia)

YogaFit Training System Worldwide

Ayurvedic Technician trained by

Dr. Vaiyda Mishra

Thai Yoga Massage (Saul David Raye)

Co-founder of "Penticton Steps Out

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PUR:  
Zen  
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### Cancellation Policy

Treatment appointments are reserved exclusively for you.

A 24 hour cancellation notice is required.

A 50% fee will be charged for missed appointments.

GST will be added to all prices. Prices may vary.



PUR:



Practice breathing, feeling, and  
letting go of the criticisms of our mind.  
...Enjoy the journey.

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## STUDIO FITNESS

BARRE | BODYSHRED | TRX | P90X

PiYo | POWER YOGA | CORE YOGA

YOGA | MEDITATION | GENTLE STRETCH

SPECIALTY CLASSES | MORE...

Learn to lead the healthy & balanced lifestyle  
you have always wanted. See how our dedicated  
instructors can help you uncover your true  
potential. From group classes to personal training  
PurZen offers an experience like no other.

Get results with confidence...

## THE SPIN GARAGE

Our time efficient & challenging classes use state  
of the art technology, providing you a Real Ride  
experience, utilizing specialized performance  
tracking systems during every ride. Providing the  
perfect motivation to challenge you!

Our unique setting separates us from other Spin  
studios. We have fully equipped high end bikes &  
indoor or clip shoes.



ENJOY THE RIDE  
— MIND BODY CYCLE —

## PERSONAL TRAINING WELLNESS

### TRX TRAINING CENTRE

Why we love TRX?

Born in the Navy Seals, TRX is a  
revolutionary workout method that  
develops strength, balance, flexibility &  
Core Stability.

