

FOR IMMEDIATE RELEASE

## **Practitioner Brings Thai Yoga to Bucks County & Donates Part of the Proceeds to Cure Cancer**

CHALFONT, PA (February 16, 2011) – Tina Caperelli of Heart-Hand expands her services by bringing Thai Yoga to Bucks County. This service alone produces incredible health benefits for the client, but 2 additional benefits come along with it as well: 1<sup>st</sup> time clients will receive not only a \$15 discount, but Tina will also match that discount with a \$15 donation to The Leukemia & Lymphoma Society.

“I wanted to create an opportunity for more men and women to realize the many health benefits of Thai Yoga, but it was also important to me to give back in an even bigger way by helping find a cure for blood cancers,” says Tina Caperelli, owner and bodywork practitioner of Heart-Hand.

### **About Thai Yoga**

Thai Yoga is rooted in the northern style of traditional Thai massage from the Chiang Mai province of Thailand, where it is practiced as a sacred healing art. It effectively combines Thai medicine, Yoga, Ayurveda, and Buddhism to heal the mind, body and spirit. Thai Yoga is a form of bodywork administered by a skilled practitioner, who uses his or her thumbs, fingers, palms, forearms, elbows, knees and feet to apply beneficial energy work and yoga stretches to the client.

“When Thai Yoga techniques are used, the joints open, muscles and connective tissue stretch, internal organs tone, and vital energy is increased - resulting in a deep state of relaxation, rejuvenation and wellbeing. The comfortable, meditative, rocking motion characteristic to Thai Yoga calms and soothes the nervous system. The unwinding of accumulated stress patterns in the mind-body complex opens up new possibilities for healing and integration. Limiting memories, pain, fears, negative attitudes and inhibiting patterns are transformed and released, allowing life energy to circulate more freely throughout the entire body,” says Jonas Westring, director of Shantaya Yoga and Bodywork School based in Chiang Mai, Thailand.

### **About Heart-Hand**

Tina Caperelli is the owner and bodywork practitioner of Heart-Hand. She has offered a variety of modalities to the Central Bucks community for over 16 years. They include Shiatsu/Shin Tai with Cupping and Gua Sha, CranioSacral Therapy, Reiki, Raindrop Technique, Ginger Compress and Ear Candling. To complete her list of services even further she now offers Thai Yoga as well.

When asked why she has been a loyal client of Tina’s for several years, Faith Davis had this to say: “The name of Tina’s business is so perfectly suited for what she does and who she is, because as she works on

me, I can feel her heart coming through her hands. She keeps my mind, body and spirit in alignment and her treatments are part of the monthly maintenance that is necessary for my health and happiness. I am always impressed how she never stops learning. Thai Yoga is now another service we get to benefit from because she has taken the time to learn and perfect that skill in addition to her already extensive list of services.” For more information, visit: [www.heart-handpa.com](http://www.heart-handpa.com).

### **About Leukemia, Lymphoma and Myeloma**

Leukemia, lymphoma and myeloma are diseases that affect the bone marrow, the blood cells, the lymph nodes and other parts of the lymphatic system. Currently, there are nearly one million Americans living with a blood cancer and every ten minutes a life is claimed by one of these diseases. In addition, leukemia is one of the leading causes of death in children between the ages of 1-15. The good news is that the survival rate has risen from 4% in 1960 to 81% in the last decade. This is in part due to the money that LLS has raised to aid researchers in their fight to find cures for this disease.

### **About LLS**

The Leukemia and Lymphoma Society is a non-profit organization dedicated to improve diagnosis and treatment, to seek cures for leukemia, lymphoma, Hodgkin’s disease and myeloma, and to improve the quality of life of patients and their families. The Society serves as the nation’s leader in funding breakthrough blood cancer research. For more information, visit: [www.LLS.org](http://www.LLS.org).

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