



ZenThai Bodywork Sessions

With Anjuli + Alok (*SEE BIOS BELOW*)

Sign up for a nourishing ZenThai bodywork session from either Anjuli or Alok, both talented healers who integrate their skills as multi-modality therapists and teachers of 20+ years each to offer an incredible journey of healing and release for their clients.



Location: 1118 Drown Ave, Ojai, CA

75-min session: \$190

ADD YOUR NAME & NUMBER TO ANY FREE TIME SLOT

Please wear comfy and stretchy clothing and bring layers. You can pay for your session through venmo (listed below) or cash/check is also accepted. All appointments tentative and will be confirmed by Friday, Oct 2nd pending on sufficient bookings.

Sun, Oct 18th

	ANJULI'S SLOTS			ALOK'S SLOTS	
*VENMO	@Anjuli-Mahendra			@Alok-Rocheleau	
	Name	Phone #		Name	Phone #
11a					
12:30p					
2:30p					
4p					

Qs? Contact Anjuli directly at: (808) 639-2462 or Alok at: (530) 368-1619

Anjuli Mahendra & Alok Rocheleau

Alok and Anjuli are heart-felt therapists and teachers who love creating beautiful retreat experiences. Together they bring 40+ years of



experience as therapists and facilitators. Learn more at: <http://www.contactyoga.org/>

Anjuli Mahendra, LMT, NCBTMB | anjulimahendra.com
Zen Thai Shiatsu, Acupressure, and Chi Nei Tsang

Anjuli offers deeply attuned bodywork that weaves therapeutic touch, breath awareness, and intuitive energy work to support healing on all levels. Clients often experience profound stress relief, emotional clarity, and a renewed connection to their bodies and inner guidance. Her sessions are sacred spaces for transformation—where physical tension unwinds and lasting shifts unfold beyond the mat.

With over 20 years of experience, Anjuli draws from Thai Massage, Shiatsu, Chi Nei Tsang, and connective tissue techniques to create a session that is both grounding and expansive. In a Zen Thai-style session, you'll remain fully clothed on a floor mat while receiving rhythmic compression, gentle stretching, and focused work along energy lines. Guided by intuition and deep presence, Anjuli's work invites lasting transformation—helping you release old patterns, reclaim your vitality, and return to a more connected, resourced version of yourself.

Alok Rocheleau | RockWaterHealingArts.com
Zen Thai Shiatsu, Acupressure, and Chi Nei Tsang

Alok is an experienced bodyworker and teacher who has traveled the world studying a range of modalities with master teachers. Over the last two decades, Alok has studied and practiced Acupressure, Shiatsu, Craniosacral, Reiki, and Chi Nei Tsang. With the spirit of Metta (loving kindness), Alok intuitively customizes each treatment while listening to his client's needs. Alok supports the internal balance of the body by massaging and stretching the meridian lines, removing blockages to the free flow of healing energy. With his background in the yogic arts and B.S. degree in exercise physiology, Alok specializes in releasing back, neck, and shoulder tension. Known for his strong, intuitive hands, Alok encourages awareness of the breath to help with release.

Full Bodywork Bios at: www.contactyoga.org/about-us