

## VANCOUVER NEWS



PUBLISHED MARCH 5, 2007

## Thai massage a highlight of wellness fair



Too much time is spent working and juggling the hectic demands of a modern life, said John Gan, director of Burnaby's Thai Massage Centre. "You need to make an appointment for yourself," said Gan, one of roughly 150 exhibitors at the 15th annual Wellness Show, held this weekend at the Vancouver Convention and Exhibition Centre. Setting traditional Thai massage apart from others is the time it takes, about two hours of rhythmic motion and stretching. Practitioners use their thumbs, palms, knees, elbows and feet to guide a person through a series of yoga postures. Thousands of people took in the annual three-day health and wellness fair. Exhibitors ranged from food and nutrition to aromatherapy and health spas to fitness and fashion.

**JEFF HODSON/METRO VANCOUVER**