



MENU FOR THE PRIVATE RETREAT

BODY-MIND PRACTICES & SPA TREATMENTS

BODY - MIND PRACTICES

PRIVATE YOGA CLASS

(Options: **Hatha**, **Vinyasa**, **Ashtanga**, **Yin** or **Therapeutic**)

PRIVATE MAT PILATES CLASS

PRIVATE FITNESS CLASS

PRIVATE AEROBICS CLASS

PRIVATE DANCING CLASS

SPA TREATMENTS

DEEP TISSUE MASSAGE

SPORTS MASSAGE

RELAXING MASSAGE

FOOT REFLEXOLOGY

FACE REFLEXOLOGY

ABDOMINAL DETOX MASSAGE

FACE LIFTING MASSAGE

For all information regarding location, duration and prices,
email info@sandralaznik.com.

It's the fastest way to get your questions answered.