



## Visiting Practitioner - Sandra Laznik May 23 to June 7, 2019

### **Natural Face Lift, 60 minutes/EUR 165**

Get your personal fitness trainer, for your face. Master five physical exercises that reduce wrinkles, boost circulation, tone your cheeks and get your facial muscles in shape. No electrodes or injections included.

### **Private Yoga Session (Kundalini, therapeutic, hatha, vinyasa, aerial) 60/90 minutes; EUR 115/135**

Become a well-stretched person, even if you never touched your toes in a yoga class. This personal session will make you face the world with a victorious mindset and a radiant body.

### **Private Pilates Session 60/90 minutes; EUR 115/135**

Nothing will get you more focused, aligned and toned than working with your core. This practice improves your posture, strengthens your abdominal muscles and clears the mental clutter.

### **About Sandra Laznik**

Sandra Laznik graduated at University of Sport Science in Slovenia and is known for mixing science with the esoteric to help you heal quickly and permanently. She's a qualified yoga teacher (Hatha, Vinyasa, Therapeutic, Shakti Naam, Kundalini Yoga), facilitator of Sacred Femininity courses approved by Universal Healing Tao System by Mantak Chia and a pilates instructor.



### **Six Senses Spa Mykonos at Belvedere Hotel**

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