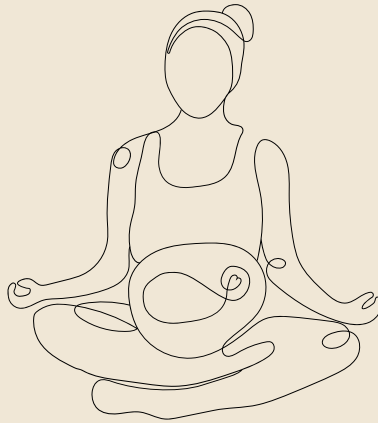


F ZEEN

KEFALONIA

AVAILABLE CLASSES FOR PREGNANT WOMEN



- YOGA NIDRA
- PRANAYAMA & MEDITATION
- SLOW FLOW
- YIN YOGA
- MEDITATION & SOUND THERAPY
- HATHA YOGA
- AERIAL SOUNDBATH
- *PILATES REFORMER

- AERIAL YIN YOGA
- STRETCH & FLOW
- SERENE SUNSET FLOW
- PILATES MAT
- CLINICAL PILATES
- STRETCH PILATES
- FULL BODY STRETCHING

*=extra charge