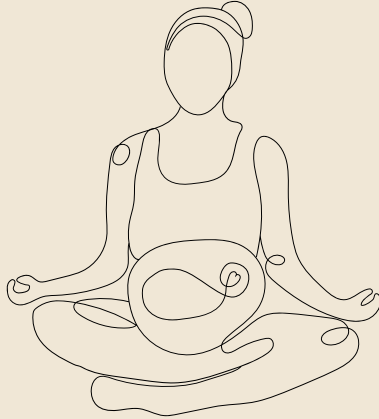


F ZEEN

KEFALONIA

AVAILABLE CLASSES FOR PREGNANT WOMEN



- YOGA NIDRA
- MEDITATION & SOUND THERAPY
- SLOW FLOW
- YIN YOGA
- AERIAL SOUNDBATH
- PILATES MAT ONE
- PILATES MAT PROPS
- FULL BODY STRETCHING
- *PILATES REFORMER
- EVENING STRETCH & MOBILITY

*=extra charge