



Visiting Practitioner - Sandra Laznik
July 30th to August 11th, 2023

Sandra Laznik graduated at University of Sports Science in Slovenia, where besides becoming a professor of sports education, also gained Fitness, Pilates and Aerobics Instructor qualifications. She is multiply qualified yoga teacher of Kundalini, Hatha, Vinyasa and therapeutic yoga and a face yoga wellness expert. Her services will uplift your life and keep you inspired, long time after you complete a session with Sandra.



Face Yoga – Beginners workout

60 minutes – EUR 165

A Holistic facelift workout that eliminates wrinkles, improves circulation, boosts energy, improves facial symmetry and adds glow to your face. Train more than 50 muscles in your face, neck and skull and take care of all problem areas: the neck, jawline, chin, mouth, cheeks under eye area and forehead. Tone, lift and sculpt your face with 6 specific exercises that you will be able to use for a lifetime!

Face yoga -Advanced workout

60 minutes – EUR 165

If you like face yoga – beginners workout then you will love the advanced workout! Here you will learn 3 new exercises and movements that activate your lymphatic and blood systems plus techniques for releasing facial tension. This Holistic session can help you reduce headaches, dark circles, puffiness, improve eyesight, facial symmetry, skin , elasticity and tone your face.

Kundalini yoga

60 minutes – EUR 122

The most royal of all yoga styles, kundalini yoga is known to balance hormonal system, strengthen nervous system and help you gain control over your busy mind. Gain confidence, sleep better, strengthen your whole body and calm your mind with specific kundalini yoga sets that will be carefully selected, based on your needs and wishes.

Pilates Intense Interval training

60 minutes – EUR 111

Everybody knows pilates, but have you tried pilates that also burns fats and builds lean muscles all over the body? The concept is simple. We combine pilates exercises with high intensity interval training to build strong internal muscles of the abdomen and back, create stability and improve posture but also get our heart rate up to burn more fat in less time.