

## Redesigning Women's Health

*Five-day yoga retreat with Sandra Laznik*

**June 23 to June 30, 2018**

Deepen the understanding of your body, boost your self-esteem and enjoy life in a physically healthy and emotionally balanced way.

### **Day one: The mysterious pelvic bowl**

Reconnect with your pelvic muscles, strengthen your pelvic diaphragm and bring vitality to this center of creativity and sensual presence.

### **Day two: Yoga for the kidneys and adrenal glands**

Using the principles of Tao yoga, we'll work on releasing fears from the body and mind. In the afternoon, we'll get rid of any unnecessary stress and tension from your kidneys and adrenals.

### **Day three: Improve your body posture and relieve lymphatic congestion**

Using different asanas, we'll have you standing tall in no time. Yoga twists and inversions will also help in getting the lymph moving again and restoring your overall health.

### **Day four: Hormonal makeover**

We'll tap into the joyful approach of Naam Yoga to balance the glandular and digestive systems, allowing you to experience vibrant health.

### **Day five: Get a healthy glow**

Find that inner beauty center and enjoy the resulting natural glow. Our afternoon yoga session will teach you all about personal magnetism, protection and prosperity.

### **Your stay includes:**

- Six nights in a porto sea view room at the **porto elounda GOLF & SPA RESORT**
- Daily buffet breakfast and dinner
- Two Six Senses signature treatments per person
- Superfood drinks and snacks prior and after the treatments /yoga
- Daily access to Thalassotherapy, indoor heated pool, sauna, hamam and fitness room (excluding Tuesday)

**EUR 1,354 per person in a double room / single supplement at EUR 504**

**For reservations or more information:** Call +30 28410 68012 or email [reservations@elounda-sa.com](mailto:reservations@elounda-sa.com)

### **About Sandra Laznik**

Sandra graduated from the University of Sport Science in Slovenia, where besides becoming a professor of sports education, she also gained fitness and aerobics instructor qualifications. She upgraded her knowledge with completing TRX® suspension trainer course, Gliding® course; and trained in classical and sports massage. She is a Sun Power Yoga qualified teacher (Yoga Alliance), Universal Tao Healing Arts qualified facilitator and Pilates teacher.

