



SIX SENSES SPA

KAPLANKAYA

NARIN DENIZ ERKAN

Optimum Performance Training, 60 minutes

With the exclusive Optimum Performance Training (OPT) Model®; a systematic approach to developing personalized and unique training plans to see predictable outcomes for every guest. Progressing guests through the five phases of training to improve their stabilization, strength, and power.

Medical Exercise, 60 minutes

Function better with less pain! With the knowledge and skills to develop safe and effective exercise programs for guests for clients with musculoskeletal, cardiovascular, metabolic, and neurological disorders especially. As a bridge, the gap between healthcare and fitness the effectiveness of these fitness programs is based on functional outcome and The goal is to make medical exercise training the next logical step for guests after discharge from physical therapy, chiropractic care, and medical care.

Posture Analysis & Fitness Assessment, 45 minutes

In the simplest terms, a postural analysis can determine whether a person has any postural deviations, imbalances, muscle weaknesses, or any other faults in their movement patterns which could be causing pain or discomfort. By carrying out this postural alignment assessment, Narin will be able to identify which muscles are overactive (or 'short and tight') compared to those that are underactive (or 'long and weak').

Corrective Exercise, 60 minutes

Corrective Exercise is a technique that leverages an understanding of anatomy, kinesiology, and biomechanics to address and fix movement compensations and imbalances to improve the overall quality of movement during workouts and in everyday life. By properly aligning the body, corrective exercises help it to handle the load that everyday movement puts on it and helps reduce the risk of future injury.

Clinical Pilates, 60 minutes

A method of exercise designed to stretch, strengthen, and balance the body by lengthening and firming muscles, therefore assisting the body during day-to-day activities. The focus is based on posture, core stability, balance, control, strength, flexibility, and breathing. As an expert in problem-solving chronic complex conditions, Narin offers personalized programs to suit a wide range of non-injury-related needs, such as clinical pilates for fitness or postural correction, pre & post-natal exercise, and pre-season sports and dance conditioning and injury prevention programs. Pilates is advocated for many injuries and types of pain, along with general health and well-being.

Martial Arts (Kickboxing & Cardio Kickboxing), 45 minutes

An excellent meditation –but with uppercuts. Forging such a bond also relieves stress by calming the mind. Kickboxing is a full-contact sport that grew out of martial arts and boxing. Heavy emphasis on a proper technique often fosters a deep mind-body connection. Cardio kickboxing combines full-body aerobic exercises with boxing and martial arts moves. The focus of cardio kickboxing is twofold: movement and fun.

About the Practitioner

30+ years of experience in many physical activities Narin Deniz Erkan is a body sculpturer and NASM (National Academy Sports of Medicine), NCSF (National Council on Strength & Fitness), EREPS (European Register of Exercise Professionals), IPF (International Pilates Federation) certified fitness professional. With a national team degree in swimming, handball, and fencing Narin is also a licensed athlete in kickboxing, horse archery, equestrianism, and snowboard. As a Europe Active Member also experienced in Medical Exercise, Posture Analysis & Corrective Exercise, and weight management.



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