

Private and small group yoga classes. Mobile massage service.

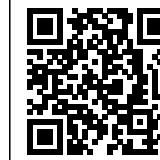


Location

South East, Middlesex

<https://www.freeadsz.co.uk/x-404779-z>

My Sanskrit yoga name is Ishat. I'm a fully qualified Shri Vivek Yoga Coach Instructor, Life and Wellness Coach (specialising in Personal Conflict Management), Massage Therapist and Reiki Master. Private and small group yoga classes in your place (beginners welcome) : This is when yoga comes to you. No need to worry about being late, not a minute wasted to get to the class and it's totally about what you need. For small group classes (2-8 people), now are a fun and convenient way to practice yoga with your colleague/ friends and by sharing the fee you spread the cost: 1hr £50 Mobile massage service to your home or hotel (only zone 1-2) : Let the relaxation come you. Full body massage treatment, release tension in the body and relieve almost any kind of pain or discomfort. Some towels will need to be provided by you. I use only natural ayurvedic massage oils without fragrance. I use almond seed oils and ayurvedic cream for the face. Please, let me know if you have any allergies. 1 hr £70 and 1 hr 30 min £90.00. Check out my website for more information or contact me. I'm happy to answer all you questions: www.breathingspace.me.uk Mobile 07543 216365 07543 2163...(click to reveal full phone)



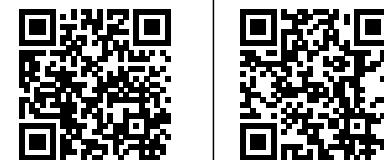
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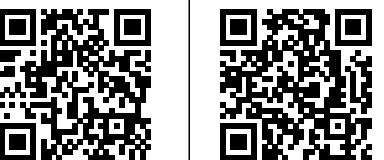
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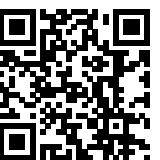
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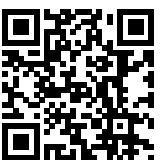
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