

Yoga Spa



This is a rejuvenating experience for women using aromatherapy, carefully selected music, and candlelight merged together to create a relaxing and tranquil ambience.

Restorative yoga poses, designed to increase circulation through out the body, will be used to release tightness and to reach deep muscle tissue.

A series of massage techniques follow, along with an excellent collagen facial mask. The collagen pumps up delicate facial tissue, smoothes the skin and brings a youthful glow.

Feel and look refreshed and rejuvenated.

**Complete package price only \$50
(includes collagen facial mask)**

**Email devorah@peacefulpresence.com to
sign-up or**

Call 516 371 3715 reserve ASAP

***To ensure personal attention, we are only taking 6
reservations. We only hold the spa day if we fill.
Once you tell us that you are on board, we will be in
touch to confirm.***

Holiday Gift Certificates Available

This is a beautiful gift to give someone special.

Credit card bookings by phone are welcome.

**Peaceful Presence Yoga and Massage Studio
436 Central Ave. Cedarhurst, NY 11516
Your Yoga Spa hosts will be Lisa and Devorah.**