



**YOU&ME Spa**  
■ Elizabeth Arden  
**PRO**

## Private Yoga Classes

### **ASHTANGA YOGA**

60min \$45 / 4 day Package \$135

a classical yoga helps autonomic nervous which control the heart, respiration and the blood pressure.

### **VINYASA YOGA**

60min \$45 / 4 day Package \$135

is dynamically movement that improves strength, balance, flexibility, relieves back pain, and relaxes, induce better sleep.

## Personal Training Classes

### **WEIGHT LOSE TRAINING**

60min \$50 / 4 day Packager \$150

it boosts your mood and mental health. Certainly it enhances your confidence as a person.

### **BODY BUILDING TRAINING**

60min \$50 / 4 day Packager \$150

is a progressive resistance exercise to control and develop your muscles. It is a powerlifting targeted specific area of your body.

### **6 PACK TRAINING**

4 day Packager \$150

lower you belly fats and gets abs you need. Having strong core will improve posture and decreases back pain

### **WHOLE BODY STRETCHING EXERCISE**

60min \$50

provides you effective warm-up make your body more pliable. Prepare your body for vigorous exercise.



EVERLYN<sup>®</sup> WOMEN'S THERAPY  
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