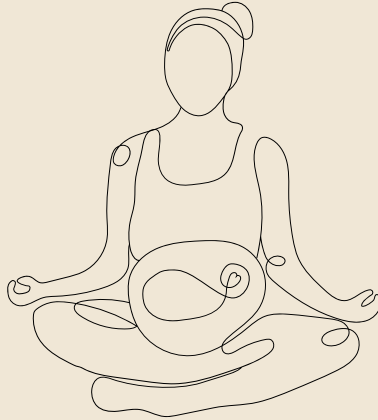


# F ZEEN

KEFALONIA

## AVAILABLE CLASSES FOR PREGNANT WOMEN



PRENATAL/ POSTNATAL YOGA

PRENATAL/POSTNATAL PILATES

MINDFULNESS

RESTORATIVE YOGA

BEGINNERS YOGA

YIN YOGA

YOGA NIDRA

BREATHWORK & MEDITATION