

YOGA with Mrs. ALENA

Your Holiday in Balance with the Hidden Value of Yoga...

ALENA is a certified instructor with 10 years of experience and an individual approach!

- Hatha yoga
- Nidra yoga
- Kundalini yoga
- Ying yoga for women health
- Iyengar yoga focusing on Asana
- Flexibility stretching exercises for all ages!
- ALENA offers yoga class for KIDS...

BE RESPONSIBLE: Make sure, that the chosen activity suits you in case you have any type of handicap!

PROMO CODE: SEVEN LIZARDS (Hand over to ALENA)

For more information call:
+34 672 80 48 25

With knowledge of the local environment, we only offer you services, that have been carefully checked by us, so that no bad experience can spoil your stay at 7Lizards.com!



- Adapted to your Personal Needs and Comfort...
- Sunrise and Sunset Beach Courses and Other Unique Tenerife Locations...
- From the Comfort of your Apartment...

€50 for 80 minutes CLASS (1-2 people)
Every Other Person + €15

€200 - 5 classes (80 min. each) - 2people
€350 - 10 classes (80 min. each) - 2 people

The operator of the attraction reserves the right to make changes in the offer and prices during the year. Always ask for price and discount first. Don't forget to use our PROMO CODE!

PROMO CODE: **SEVEN LIZARDS** *(Hand over to ALENA)*

For more information call:
+34 672 80 48 25

7Lizards.com is not the service provider and has no financial benefit from these Special Promo Offers!