

M I N D B O D Y S P I R I T

Yoga from the heart

Enjoy these special offers from our partners,

and be sure to visit www.yogafromtheheart.com regularly to look for more special offers and discounts!

This coupon is good for 50% off
one introductory breath work session
a \$90 value for only \$45!

Learning to breathe fully and freely is the quickest, most powerful way to increase your energy and decrease your stress.

To schedule an appointment, call Steven Clymer at 365-1167.

Sakiro Skin Lab & Day Spa

2010 Pine Terrace, Sarasota, FL 34231

**Complimentary Skin Analysis *plus*
20% discount on any products and services**

Anti-Aging Skincare chemical peel Mineral Cosmetics
microdermabrasion Luxury Facials wax treatments

Call Kim Hill at 966-4269 to schedule your appointment

RELAX

therapeutic massage for your well being

this certificate entitles

to _____

\$30 OFF
YOUR FIRST ONE-HOUR
MASSAGE THERAPY SESSION

call **Richard** to schedule your appointment 350-7561

specialty massages such as infant and hot rock not included