



Green Heart ♥ Yoga



Looking for real peace?

Treat yourself to a private yoga lesson with Barbara. On your own terrace, among the olive trees or by the pool. No travel time, no planning stress.

Private sessions when and as you are available or need.



Dru yoga is body mindful, fluid and gentle. This form of yoga opens your heart, relaxes your nervous system, and lets your energy flow again.

Fluid movements, deep breathing, and a conclusion of relaxation make it complete. Also suitable if you have never done yoga before.



And Barbara? She is Dutch, while also speaking English and Spanish, and is an experienced Dru Yoga teacher. She comes to you. And yes, she takes into account your body, your pace, and your day.

Book a session and elevate your holiday to another level.
€50 for 75-90 minutes. Up to 2 people, every person extra + €10.
Second session with 20% discount. Booking by arrangement.



contact@green-heart.es



602 048 102



Green Heart ♥ Massage



Ready to give your body some real attention and relax?

Book a massage with Corry – among the scent of herbs, the sound of birds, just right inside or outside your holiday space.



A session is more than just a massage. Corry combines massage with Jin Shin and energy work. She feels where your body needs attention and adjusts the treatment to your unique needs. Each session begins with a gentle introduction and ends with a deep sigh of relief.



Let yourself be open to relax, and come to rest.



Corry had her practice in the Netherlands for many years and now offers her knowledge in Spain with the same dedication.

Book your session now!

Price: €60 per session of 60 minutes. Booking by arrangement.



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