



# Wellness Naturale

[www.wellnessnaturale.com](http://www.wellnessnaturale.com)



## WHATEVER THE QUESTION, UNITY IS THE ANSWER!

Self n Soul Wellness Naturale offers everything you need in order to unite with your Truth and experience the wellbeing of Self and Soul. We provide information, tools and services that will help you to recognize your uniqueness and live a beautiful, happy and fully balanced life.

## Anna Agrafioti oly

founder of Wellness Naturale & Wellness Workroom

### THIS WORLD NEEDS YOUR UNIQUENESS

Anna is an Olympic Sailor who has dedicated the last 10 years of her life in wellness & therapeutic practices.

Her first degree is in Physical Education & Sport Science from National and Kapodistrian University of Athens.

She is a Bowen Practitioner and a 500h certified Transformational Yoga, Yoga Nidra & Meditation Teacher.





# Self n Soul

## Wellness Workroom



### FIND YOUR OWN WELLNESS

A personalized Wellness Consultation.  
Let's find together which practices suits you best according to your lifestyle, body, emotional & mental state & soul mission. (including Pythagorean numerology, body assessment & self analysis)

*A 120 MINUTES SESSION 130€*



### TRANSFORM YOUR WORLD

A 90 minutes Transformational Yoga Personal Practice that includes Asanas, Pranayama, Mantras & Meditation. Transformational Yoga will give you all the tools you need to create & support your own life.

ONE PERSON	50€
GROUP OF TWO	35€/EACH



### IGNITE YOUR INNER THERAPIST

Treat yourself right with Bowen Therapy.  
A holistic body treatment that cooperates with the nervous system and fascia to release the blockages and bring balance back to your system.  
Best for stress, any kind of pain & chronic health issues.

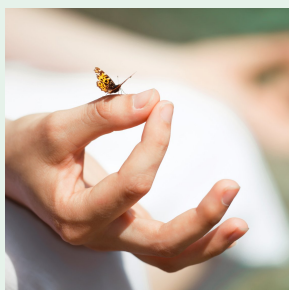
*A 90 MINUTES SESSION 150€*





# Self n Soul

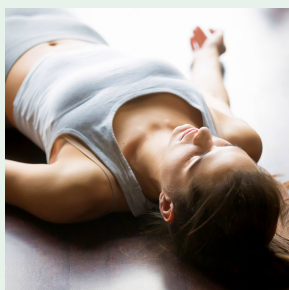
## Wellness Workroom



### ACTIVATE YOUR WISDOM

Meet T.I.M.E., an integral approach to physical health, emotional balance, mental & spiritual clarity. Learn a truly integral meditation that leads to rapid and permanent ascent of consciousness.

*A 90 MINUTES PERSONAL WORKSHOP 150€*



### ENHANCE YOUR VITALITY

Experience a yoga nidra session and feel its calming and energizing effects on your body, mind and soul. Imagine that 45 minutes of Yoga Nidra, equals 3 hours of sleep! (audio for your after use included)

*A 60 MINUTES PERSONAL SESSION 75€*



### UNITE WITH YOUR TRUTH

Pythagorean Numerology gives us the blueprint of our Soul & the understanding of our Self. Answer to your questions will be revealed through your name and personal numbers.

*A 60 MINUTES SESSION 45€*