

# Serenity Studio

Still Mind, Balanced Body, Free Spirit

## **Products and Services:** *-Prince Frederick-*

- Thai Massage
- Yoga
- Pilates (Equipment and Mat training)
- Personal Fitness Training
- Pre-Natal Training
- Mother and Child Yoga
- Kid fit Yoga
- Reiki
- Ear Candling
- Nutritional Counselling

**\*Private and semi private sessions and group classes available**



[www.altmd.com/Specialists/Amanda-Smolinski](http://www.altmd.com/Specialists/Amanda-Smolinski)

Amanda Smoliniski

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