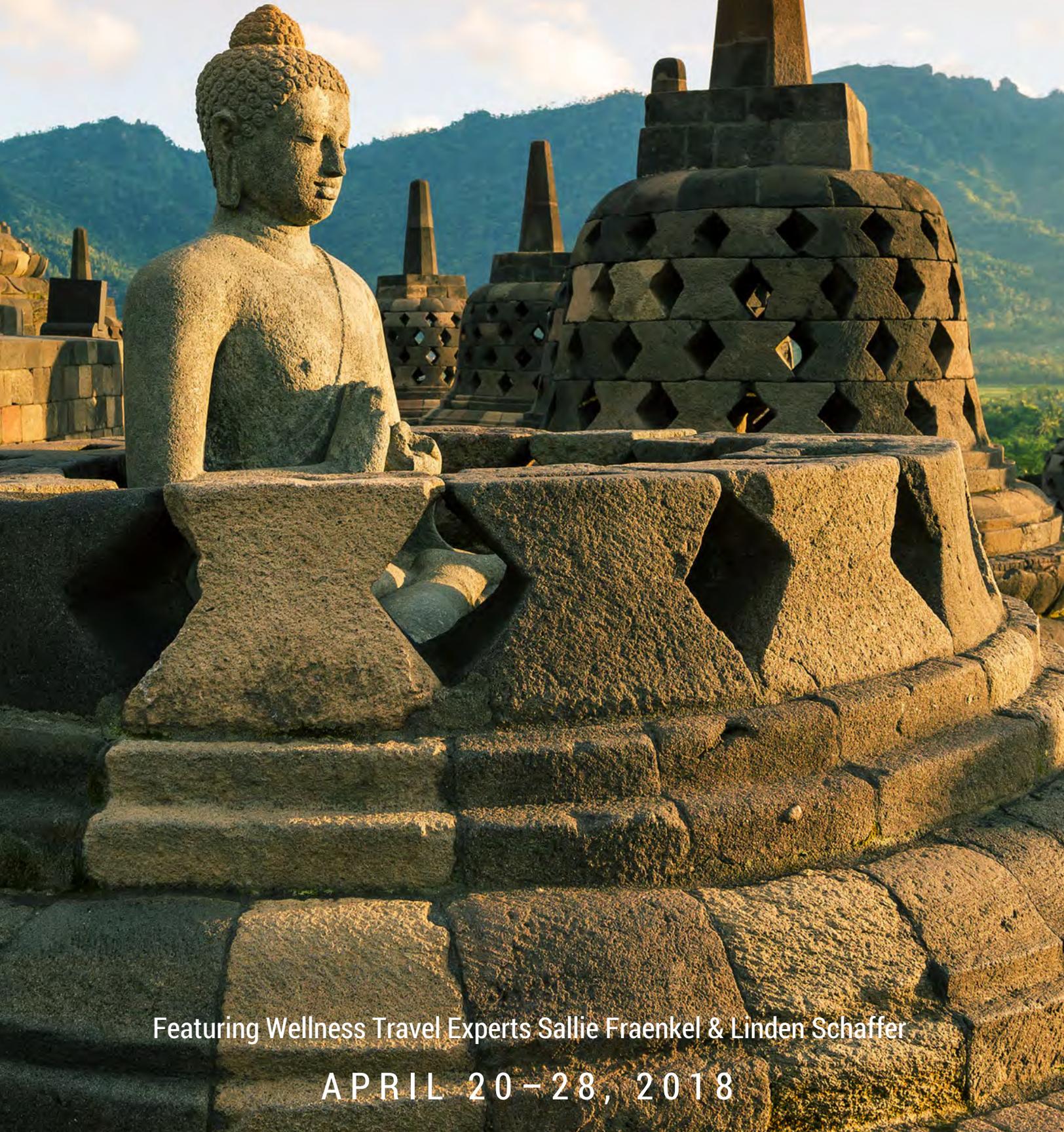


Indonesia

A FEAST FOR THE SENSES

pravassa
WELLNESS TRAVEL



Featuring Wellness Travel Experts Sallie Fraenkel & Linden Schaffer

APRIL 20-28, 2018



Welcome to Indonesia

WELLNESS THROUGH CULTURAL IMMERSION

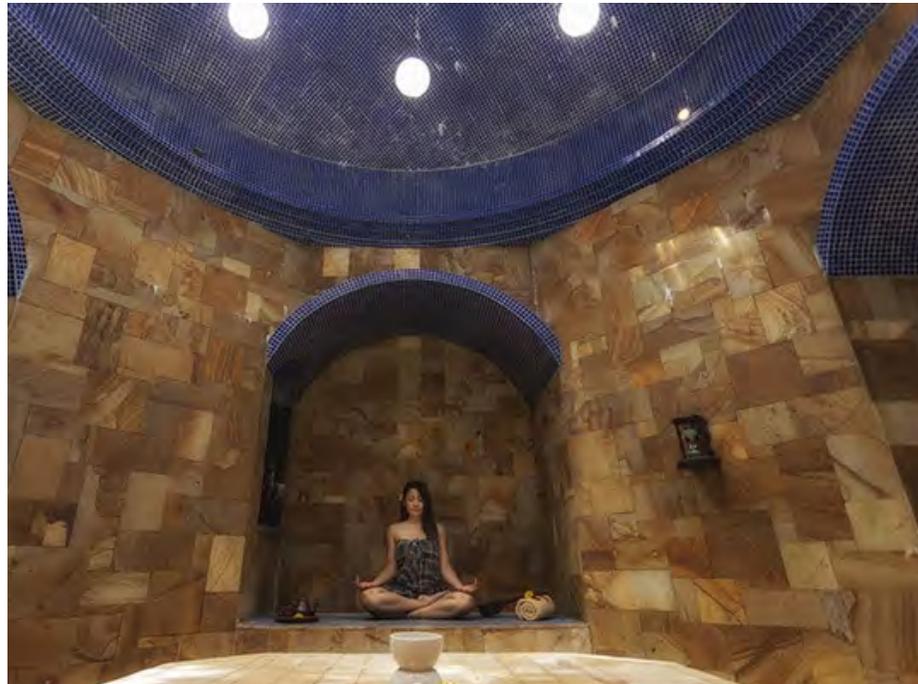
Touch down in Indonesia and the first thing you SEE is its mesmerizing natural beauty. Close your eyes and inhale. SMELL fragrance of frangipani, clove, and coffee. LISTEN to the sounds of nature and street vendors, experience the TOUCH of healers and spa therapists. TASTE the fresh Indonesian cuisine. Made up of over 17,000 islands, 800 languages, and countless ancient traditions, Indonesia is a magical archipelago situated between South East Asia and Australia.

Our 9-day/ 8-night wellness journey begins on the island of Java with its gugung - fire mountains - and historic heartland. We then visit the island of Bali, and the spiritual and artistic hub of Ubud. Co-hosted by Sallie Fraenkel, wellness travel expert and founder of the MindBodySpirit Network along with best-selling author, Pravassa founder, and wellness travel expert, Linden Schaffer, we invite you to explore specially curated wellness and cultural experiences that will transform and nourish your senses.

We invite you join us for a [#changedbytravel](#) journey.

OUR WELLNESS HOTELS

Pravassa is proud to have built lasting relationships with locally run hotels, supporting the communities we visit and fostering the concept of Fair Travel. Our handpicked, vetted, luxurious accommodations in Java, Bali, and Lombok offer quiet, restful settings and world-class food, allowing you to focus on self-care and the opportunity to reconnect with the world around you.



JAVA MesaStila

MesaStila is a five-star, luxury boutique resort featuring antique Javanese villas ringed by volcanoes on a working coffee plantation. Dutch colonial buildings dot the lush surroundings where an award-winning spa with one of the only hammams in Indonesia and a chef whose healthy culinary creations make it feel like your own private paradise. MesaStila features 24 luxury villas with original antiques, local art, and magnificent views of the volcanoes and coffee fields. The expansive grounds house a spa, gym, tennis court, yoga pavilion, library and emerald infinity pool filled with fresh spring water. The food and spa therapy ingredients are grown onsite in their organic gardens. All rooms have an outdoor verandah, air conditioning and WiFi access.



BALI
COMO
Shambala
Estate

Along the banks of the Ayung River overlooking scenic rice fields, this secluded retreat is a slice of paradise and true wellness sanctuary. Wander the gardens of the magical grounds, enjoy an Ayurvedic, Thai or indigenous spa treatment overlooking a gorge or meditate in a small wooden hut. Here the accommodations feel like home and consist of 31 suites housed in five beautiful residences. Surrounded by jungle, each residence shares an infinity pool, open-air dining area, and personal butler, who appears with fresh-squeezed juices just when you need it. The cuisine is made from organic, locally sourced ingredients lovingly prepared to increase your energy and vitality. Other activities include Qigong, Tai Chi, Pilates, yoga, tennis, outdoor circuit training and mountain biking. The award-winning spa offers a variety of holistic healing options from renowned therapists. All accommodations have air conditioning, WiFi access, yoga mat and more.

WELCOME TO JAVA

You'll find the roots and soul of Java in the historic heartland of the Central region. Home to the island's artists and intellectuals, the area is populated with dance schools, beautiful pottery and handicrafts, and a rich cultural heritage waiting to be shared. The first modern Muslim kingdom was formed here in 1511 and the blend of Hindu and Islam in architecture and worship are still honored here today. Meandering mountain ranges and iridescent rice fields blanket the area making the rich farmland a wonder to behold.



APRIL 20TH DAY ONE | ARRIVE JAVA (D)

Upon landing, you'll be greeted at GCK airport with VIP arrival assistance and whisked through customs to the domestic terminal. From here, board a quick domestic flight for Central Java where you'll be greeted plane side and escorted to a waiting car for the drive to our resort. Enjoy a traditional Javanese welcome followed by check-in. Relax before our welcome gathering and curated welcome dinner.

APRIL 21ST DAY TWO | JAVA (B, L, D)

Our first full day in Indonesia begins with a traditional Jamu service and a morning yoga session to help shake off the stress of travel and ground you for our special wellness journey. Following breakfast we'll head out on a guided 2-hour flat cycling tour to explore local villages and temples and become acquainted with Java's ancient history and traditions. After a delicious and healthful picnic lunch, we return to MesaStila where we'll indulge in the resort's signature Arabian Spa treatment: 110-minutes dedicated to your wellbeing with a steam, body scrub, water treatment with hair wash and scalp treatment followed by a traditional Javanese massage and some light refreshments. You will be floating as we gather to enjoy our very special wellness dinner.

APRIL 22ND DAY THREE | JAVA (B, L)

Our day begins early with an early departure on a very special journey to Borobudur. Travel in comfort under the cover of darkness to this 9th century temple, arriving just before the sun begins to rise. You'll be guided to a seated place on the temple, where Linden will lead us in a chakra balancing sunrise meditation. Following a guided tour where we discover the rich history and ancient Buddhist teachings, enjoy breakfast and fabulous cup of local coffee while overlooking the temple. Next we'll explore the local markets for some shopping before we return for a wellness lunch. Evening at leisure.

APRIL 23RD DAY FOUR | JAVA (B, D)

Wake and enjoy the traditional Jamu service and morning yoga followed by breakfast. Today we'll set out to trek Mount Andong along the beginner path. Take in the incredible view from the peak, which rises 1500 meters above sea level. Return to the hotel to enjoy the afternoon at leisure. Our closing curated dinner in Java will end with a thank you from the Chef.

WELCOME TO UBUD, BALI

Blessed with a unique culture, unmatched hospitality, strong customs, and unparalleled beauty, Ubud is the spiritual center of Bali. Centuries-old Banyan trees and lush rice paddy terraces stretch as far as the eye can see, in a central village long recognized as a mystical land with healing powers. We'll dive right into living in harmony as we incorporate the ritual of the Balinese into our days here. Expect sarongs, exotic fresh fruit, warmth and happiness to permeate every day.



APRIL 24TH DAY FIVE | JAVA/BALI (B, L, D)

Our day begins with an active morning session of yoga to prepare for the day's travel. After a delicious breakfast, enjoy a short tour of MesaStila's coffee plantation. After lunch we depart for the short flight to Bali. Upon arrival, we'll be greeted and transferred to Ubud, where we will participate in an exclusive Pravassa experience welcoming us to Bali. Together we'll take part in a private blessing by a local priest and opening ceremony followed by a curated wellness welcome dinner.

APRIL 25TH DAY SIX | BALI (B, L)

Spend your morning at leisure or enjoying a group wellness class. Following breakfast join us for a very special give back experience recognizing that true wellness is wellness of the individual and the planet. We'll visit the famed Green School, a non-profit that focuses on sustainability education via community-integrated, entrepreneurial learning. After this very special morning, we'll relax with lunch at a local café featuring healthy, fresh foods. The rest of the day is at leisure.

APRIL 26TH DAY SEVEN | BALI (B)

Awaken your senses this morning as we meet just after sunrise to walk through the jungle of Ubud. Lush fields with farmers tending to their crops and flocks of ducks will greet you as you soak in the feeling of local life. After breakfast, we'll dress in sarongs for our visit to the water temple for a very special Pravassa exclusive experience: a private temple blessing and cleansing ritual. This afternoon, you'll have the opportunity to visit a Balian: a local healer. Or you may choose to return to town for an afternoon of shopping and strolling. This evening is at your leisure.

APRIL 27TH DAY EIGHT | BALI (B, D)

Rise early and join our guide for a fascinating early morning tour of Ubud market, where we'll learn about indigenous ingredients, the healing properties of food, and taste exciting new cuisine. Return for a light breakfast at the hotel or choose to stay in town as you have the full day at your leisure to explore Ubud. We'll come together one last time to engage all our senses for our closing dinner -- a hands-on cooking class where we dine together and enjoy the fruits of our labor.

APRIL 28TH DAY NINE | DEPARTURE (B)

Prepare for your journey home with a sunrise meditation led by Linden. Follow your peaceful morning with a movement session led by the hotel, enjoy breakfast before departure for the airport via a private transfer with dreams of returning soon to the Island of the Gods.

TRIP PRICING

INDONESIAN ISLANDS 8 NIGHTS | 9 DAYS

Shared Room: \$6,395 USD per person

Private Room: \$7,700 USD per person

Shared Room Deluxe: \$6,900 USD per person

Private Room Deluxe: \$8,600 USD per person

INCLUDED:

8 Nights in Five-Star Luxury Resorts in Java and Bali

Onsite Wellness Travel Experts: Sallie Fraenkel + Linden Schaffer

Wellness Activities & Offerings:

- Wellness Welcome Gathering
- Traditional Jamu Daily in Java
- Cycling & Village Tour in Java
- Arabian Spa Treatment (110 minutes)
- Pravassa Exclusive Sunrise Meditation at Borobudur
- Guided Tour of Borobudur and Local Markets
- Mount Andong Trek - Coffee Plantation Tour
- Pravassa Exclusive Balinese Welcome Ceremony
- Morning Local Life/ Village Tour
- Volunteer project at The Green School
- Pravassa Exclusive Water Temple Blessing Ceremony
- Visit to a Balian traditional healer
- Private Exclusive "Food as Medicine" Market Tour
- Private Hands-on Cooking Class and Dinner
- 6 Movement/Wellness Classes - 2 Sunrise Meditations

English Speaking Guides

Specially prepared Indonesian Wellness Travel Guide

All Entrance Fees

Breakfast Daily

Four Lunches

Five Dinners

Domestic Flights within Indonesia

Ground Transportation w/ Unlimited Bottled Water

Airport Transfers

VIP Assistance Upon Arrival & Departure

Medical Coverage Purchased on Your Behalf

Inclusive of Taxes & Tips for Accommodations and Tours

Pre-Departure Consultation

All programming subject to changes and modifications
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YOUR WELLNESS GUIDES

IF WELLNESS GURU,
GABRIELLE
BERNSTEIN +
NATIONAL
GEOGRAPHIC HAD
A BABY, IT WOULD
BE PRAVASSA.

-ALLISON DAVIS



SALLIE FRAENKEL

Former CMO & COO of SpaFinder and EVP of the Global Spa and Wellness Summit, Sallie Fraenkel has over 30 years of experience in the spa, wellness, and entertainment industries. Her life-long passion for travel began when she planned a trip to Bermuda for her high school friends. In 1992, Sallie's life was transformed by a trip to Canyon Ranch. Today well-being of the individual and well-being of the planet are Sallie's foremost interests as she strives to create transformative travel experiences, where creativity, ingenuity, authenticity, and integrity are apparent at every turn.



LINDEN SCHAFFER

As a wellness travel expert, consultant, and founder of the first wellness travel company, Pravassa, Linden has been leading travelers around the world on wellness tours since 2009. Crafting group and individualized itineraries for the people and companies that are looking to restore productivity and creativity, she enables travelers to reach their full wellness potential by facilitating individual relaxation, stress reduction, life-balancing education, and making sure each client's needs are met. Linden contributes to columns in The Huffington Post and MindBodyGreen. Her first book, *Living Well on the Road*, with the foreword written by famed actor and travel writer, Andrew McCarthy was recently published and became a #1 bestseller upon release.

Indonesia

LOMBOK EXTENSION

pravassa
WELLNESS TRAVEL



Complete your Indonesia Island journey by visiting the off-the-beaten path island of Lombok.



APRIL 28 - MAY 2, 2018

OUR WELLNESS HOTEL



LOMBOK JEEVA BELOAM

On a secluded cove of white beaches you'll find one of the few untouched places left in the world. In Lombok you can truly return to the natural rhythm of life. Spend a few days off the grid in the eco-chic, recycled wood beachfront bungalows of Jeeva Beloam, a five-star resort. Deep within a protected natural preserve, the resort is inspired by a passion for responsible travel, supporting the local community while focusing on your comfort and wellbeing. Spend your days in barefoot luxury enjoying water sports on the expansive turquoise sea, dining on fresh meals and turning to the simple pleasures so many have forgotten. All bungalows have handcrafted furniture, indoor and outdoor living space and air conditioning. This is a technology-free environment with no Wi-Fi access.

WELCOME TO LOMBOK

Sparsely populated with limited roads, southern Lombok's incredible coastline is the perfect place to escape for a true digital-detox, off-the-grid experience. The unspoiled white beaches, sun-kissed cliffs, and bright turquoise sea will leave you speechless. Return to the natural rhythm of life when we make our home deep in a forest preserve, giving you the space you need to exhale and return to your true self.



APRIL 28TH DAY NINE | LOMBOK (L, D)

Keep your state of deep relaxation and glow going when you join Sallie & Linden in Lombok, a short 40-minute flight from Bali. Upon arrival we'll make our way across the southern coast to a natural forest preserve. Entering an oasis of calm, the resort chef will have an incredible lunch spread ready to greet us where we'll dine overlooking the sea. Enjoy the afternoon at leisure before we meet again for a curated sunset dinner.

APRIL 29TH DAY TEN | LOMBOK (B, L, D)

Wake up just before the light begins to break and join us for a 5km trek to the tip of Tanjung Ringgit. Taking in the beauty of our surroundings, watch the sunrise over the cliff side lighthouse. Our hard work is rewarded with a delicious breakfast and guided tour of the local markets. Back at the resort, enjoy an afternoon of a leisurely lunch and a 60-minute local Sasak massage. Our evening bonfire will call you to dinner.

APRIL 30TH DAY ELEVEN | LOMBOK (B, L, D)

Spend the morning on the turquoise water as we board a boat to snorkel at some of the nearby islands. Tropical fish will come out to play with us while we explore the pristine coral reefs. Back in time for lunch, spend the rest of the afternoon as you wish before Linden hosts a sunset meditation followed by a curated dinner.

MAY 1ST DAY TWELVE | LOMBOK (B, L, D)

Soak in the serene nature of Lombok during our final day of barefoot luxury. Join Linden on the beach for a sunrise meditation. After breakfast you may borrow a kayak and explore the calm waters right from our beach or take a bike and weave your way through the nature preserve to the nearby pink beach. We'll gather together at sunset for our final dinner overlooking the untouched sea.

MAY 2ND DAY THIRTEEN | DEPARTURE (B)

With a packed breakfast, you'll depart for the Lombok airport via a private transfer with dreams of returning soon to these magical islands.



EXTENSION TRIP PRICING

LOMBOK ISLAND 4 NIGHTS | 5 DAYS

Shared Room:	\$1,595 USD per person
Private Room:	\$2,250 USD per person

INCLUDED:

5 Nights of Barefoot Luxury Accommodations
Onsite Wellness Travel Experts: Sallie Fraenkel + Linden Schaffer
Wellness Activities & Offerings:

- Sunrise Lighthouse Trek
- Local Market Tour
- Sasak Massage (60 minutes)
- Island Hopping & Snorkeling Experience
- Complimentary use of Kayaks and Bicycles
- 2 Meditation Sessions

English Speaking Guides

All Entrance Fees

Daily Breakfast

Four Lunches & Dinners

Domestic Flight from Bali to Lombok

Ground Transportation w/ Unlimited Bottled Water

Airport Transfers

VIP Assistance Upon Departure

Medical Coverage Purchased on Your Behalf

All Taxes & Tips on Accommodations & Tours

A PRAVASSA TRAVEL EXPERIENCE

is more than just a vacation. We plan a stress-free experience, led by leading wellness experts allowing for a more immersive vacation.

- Our average group size is 14 travelers, perfect to create a harmonious tribe.
- This tour has a balance between cultural excursions, physical activity (walking, biking, kayaking), and down time so you can focus on self-care.
- We never drop you off at a must-see sight in a cattle call. Instead you'll be invited to participate in the culture and have an authentic experience.
- We eschew large tour buses and instead use vans that seat three-across.
- We understand the importance of diet & nutrition and curate meals to feature the best locally sourced options that match our wellness food philosophy: Eat Real Food, Mostly Vegetables.
- You will be greeted at the airport with a friendly face to whisk you to our first location.
- We welcome the group in an opening wellness session, which releases the stress of travel and discusses our upcoming itinerary.



TRAVEL TOUR FAQs

HOW DO I GET TO INDONESIA?

For this Wellness Journey, you'll fly into Jakarta Soekarno-Hatta International Airport (CGK) in Java and out of Denpasar International Airport (DPS) in Bali. All flights from the US take approximately 24 hours including layovers. Travelers are responsible for booking their own flights. Please check with your travel professional for the best available route options. Do not book your flight until the tour is confirmed to depart. *If you are participating in the Lombok extension, you will depart from Lombok Airport (LOP)

ARRIVAL/DEPARTURE

Our wellness journey begins on April 20th in Jakarta's CGK airport. There are two domestic flight options from CGK to SRG available: 2:25pm or 3:45pm. Please make sure that your international connection allows you enough time to make these flights. We cannot be responsible for missed or delayed connections. Upon arrival at SRG, there will be a group transfer to the resort. For travelers ending their trip in Bali, a group departure transfer to DPS airport will be arranged. Please schedule return flights to the US to depart after 1pm on April 28th. Departure transfers will be confirmed once travel plans have been submitted from all travelers. If you choose to arrive/depart outside of the set transfer times, we will be happy to help arrange airport transportation for an additional fee. Lombok group transfers will be arranged as early morning departures. Please schedule return flights to depart between 6 - 11 am on May 2nd. Departure transfers will be confirmed once travel plans have been submitted from all travelers. If you choose to arrive/depart outside of the set transfer times, we will be happy to help arrange your transportation for an additional fee.

TRAVEL INFO

All travelers' passports MUST be valid for 6 months after date of entry into Indonesia (10/18). Please make sure to check your passport at least three months before your departure so you have time to renew it if necessary.

For this trip we suggest packing no more than a 12kg/25lb suitcase - we'll offer tips & tricks on how to do this! A packing list will be sent as part of your pre-departure package, but to get started you'll need: light weight clothing, yoga/fitness clothes, a white shirt that covers your shoulders, a bathing suit, and a good pair of walking shoes!

HEALTH + MEDICAL CONCERNS

Pravassa will purchase medical insurance on your behalf for this trip. Even if you're healthy, accidents can happen! The medical insurance covers things such as accidents and medical emergencies. If you plan to extend your trip, please let us know as there will be additional insurance fees you'll need to cover.

ACTIVE EXCURSIONS

Our #changedbytravel hashtag is most appropriate when you find yourself far away from home in a foreign land. Expect to be taken out of your comfort zone - where your most profound personal change will happen. For active experiences in Indonesia (temple tours, biking, hiking, cooking class, etc.) we ask that you wear good walking shoes and dress to respect the local culture - covering your shoulders and knees in the temples. Fitness levels will be moderate, but can be adjusted to accommodate your needs. It's important to remember that you have the freedom to skip any activity that does not resonate with you.

WELLNESS CLASSES

All active wellness classes in Indonesia will be held in outdoor open air spaces. We schedule the classes in the early morning or late afternoon to avoid the hottest times of day. Sessions will be a mixture of exercise movement, seated meditation, and discussions designed to stretch and stimulate your body and mind. Our local wellness guides will offer modifications should you have any restrictions. Please note these practices are active movement, but no prior experience is needed.

WHAT IS EXTRA?

International airfare, alcohol, personal expenses, additional activities such as day tours, car rental, or spa treatments booked in addition to our itinerary will all be additional fees.



LOCAL CUSTOMS

1



1) RELIGIOUS ADHERENCE AND TRADITION

In Java, Bali, and Lombok, you'll find 3 major religions: Hindu, Muslim, and Christianity living harmoniously.

In Bali the religion of Hindu Dharma permeates everyday life. Daily you can witness and participate in local festivals, celebrations, or cremations as foreigners are always welcome. Offerings will be placed on the ground outside of hotels, temples, stores, and restaurants, please step around them.

2) SARONG AND SASH

When entering temples and participating in festivals, the required dress is a sarong and sash, for both men and women, along with a white shirt that covers your shoulders. If menstruating, it is requested that you not enter the temple.



2



6



4

3) REMOVE YOUR SHOES

Shoes are never worn indoors in Indonesia. You are expected to take them off at the entrance to a house or temple and remain barefoot. The ground can be hot from the sun so try to walk in the shaded areas.

4) SITTING ON THE GROUND

In all temples and blessing ceremonies you will be required to sit on the ground, sometimes for extended periods of time, while praying and receiving blessings from the priest. It is traditional to sit cross-legged in a sarong that covers your legs.

5) DO NOT TOUCH

In Indonesia, touching is considered an intimate act. Greeting are done with wais and smiles. The head, the most sacred part of the body, should not be touched unless for religious reasons.

6) VISITING A BALIAN

Local folklore and native medicine is practiced in every village in Bali. Healers, or Balian, make up a large part of cultural tapestry. We've seen a different Balian on every trip and they offer everything from fortune telling to physical check-ups to more otherworldly offerings. We believe it is a not to be missed experience and would happily arrange this for you if you are interested.

7) FRIENDLINESS AND DINNER INVITATIONS

The Balinese specifically are a very social society. Don't be surprised if a local starts up a conversation, wants to talk politics, or extends an invitation for dinner or drinks. As a whole, the culture believes in karma and reincarnation, so a happy vibe is the norm. Nothing more than great company and conversation is expected.

INDONESIA FAQs



The national **language** is **Bahasa Indonesian**.

Westerners are not expected to learn the language and English is widely spoken throughout the island. We'll teach you a few key phrases and our experts will be there to guide you so no need to worry.

No Visa is required to visit Indonesia if you are a US, EU, or Canadian national and plan to stay less than 30-days.

The **currency** is **Indonesian Rupiah** and cash is king. No need to get Rupiah prior to travel. Instead plan to travel with USD in denominations of \$50/\$100 bills. We will provide suggested spending amounts prior to arrival.

Tipping on services not included in your package is voluntary. 10% is common for great service.

Dry Season will be in full swing during our tour. **Temperatures** will be in the 80's with high humidity. Pack layers so you can remain comfortable.

Electricity is **220V** and outlets have 2 -Pin European plugs.

WiFi is available at both the hotels we'll be visiting. (not in Lombok) We encourage device-free meal time.

While **pickpocketing** is prevalent in every large city across the world, we've never had a problem in Indonesia. You'll receive our guide on how to protect your belongs while traveling, but if you are aware of your surroundings you'll have **nothing to worry about**.

Dress standards are conservative throughout Asia so we recommend modest clothing that covers your shoulders and knees for your own comfort.

Drinking **filtered** or **bottled water** is your best bet for a happy gut. It's cheap, available everywhere, and you'll have some in your room to use to brush your teeth.

Indonesia is heaven for **vegans** and those with **dietary restrictions**. During our group meals we can accommodate dietary requests and serve local healthy ingredients.

Outdoor living is commonplace in Indonesia with only the bedrooms being private indoor spaces. Our hotel bedrooms have mosquito nets and A/C.

Travel stresses your immune system. We'll provide you some wellness ways to stay healthy, but we also suggest taking **vitamins** and **washing your hands** to avoid getting sick.

PRAVASSA'S TRAVEL DIFFERENCE

“One-stop
source for
wellness-
focused
vacations.”

- Forbes Magazine

Close to our heart, mind, body, and soul, our company wellness principles lay the foundation upon which every Pravassa tour is built. No matter where in the world we take you, expect these principles to shine through on each of our wellness travel journeys.

Unique Boutique Accommodations

Pravassa specializes in forming relationships with locally run hotels that support the communities we visit in order to foster the concept of wellness. Handpicked, vetted, deluxe choices by founder, Linden Schaffer, offer quiet restful settings that enable you to focus on self-care and reconnect with the world around you.

Locally-Sourced Food

The best way to learn about a culture is to trace its history through food. Local recipes can tell stories across time and geography. Our wellness food philosophy: eat locally sourced food, mostly vegetables, renews our commitment to sustainability and opens a world for you to nourish your body in the best way possible.

Exclusive Experiences

All Pravassa journey's give you access to expert educators and exclusive travel experiences. We craft relationships that offer insider access to cultural festivals, local's homes, and onsite offerings created just for Pravassa guests.

Stress-Free Travel

By expertly handling every detail of your trip, Pravassa puts you on a path to wellness and a stress-free vacation. From our exclusive travel guides and pre-departure consultations to VIP customs clearance and on-site transportation, you'll never have to sweat the small stuff with us.

Time for Self-Care

In our over scheduled, constantly connected world, self-care often goes by the wayside. Pravassa gives you permission and the time to stop, recharge, and bring joy into your life.

Wellness Support Pre, During, & Post Journey

From jet-lag hacks to advice on how to stay healthy while traveling, Pravassa is here to guide and support your journey from the time you register to after you return home. Joining our connected community enhances your entire vacation experience.



"My trip surpassed my expectations -- it was a travel experience like no other! I would recommend this to everyone I know. What a collection of memories I now have!"

- Claire Koller

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