

# AN HOUR OF TRANQUILITY AND RELAXATION

## A NEW SERVICE OFFERING!

WITH NATALIYA POSNER

Living and working in the Northern Virginia/MD/D.C. area provides great opportunities, both personally and professionally. However, there is much stress associated with the high cost of living, combating the traffic and trying to juggle so many family and work obligations. This stress often results in poor sleep patterns, muscle pains, stress eating and overall unhappiness. Getting a break from the stress is very helpful to “balance” us. However, we cannot take vacations all of the time. We are proud to announce a new service offering: An Hour of Tranquility and Relaxation With Nataliya. Once entering the “Tranquility Zone”, Nataliya will be providing several modalities of relaxation. All of the tranquility methods will help you to find balance between your heart, your mind and your emotions. Nataliya will individualize the tranquility sessions based on your body and mind needs.

Nataliya Posner was originally born in Ukraine in the TransCarpathian mountain region of Ukraine and has a Masters Degree in Economics. Nataliya Posner developed her passion towards wellness at young age while performing in ballet and gymnastic troupes that performed internationally. She has always been passionate about health and wellness and strongly believes that the mind/body connection is vitally important for optimal human performance both personally and professionally. Nataliya is a Personal Trainer and has been the Fitness Consultant for the Serotonin-Plus Weight Control Program since 2012. She works individually and with groups to help people incorporate fitness programs into their weight control efforts. Nataliya has also specialized in various relaxation techniques that have been used in exotic European regimens in the Carpathian mountain and these have helped people achieve much lower levels of stress. Nataliya has now developed a Relaxation and Tranquility session that incorporates several modalities of body and mind relaxation. As a Life-Style Therapist, she is eager to help those people that feel stress is adversely affecting their lives!



CHECK OUT  
OUR LIST OF NEW  
SERVICES NOW  
AVAILABLE:

- Gentle stretching (learn all about body's fascial system along with techniques that help relieve tension in tight areas and trigger points through passive yoga stretches and muscle compression session)
- Trigger Point Massages
- Cupping Massages
- Mood-altering yoga gentle movements poses to stimulate muscle relaxation and set a positive mindset, thoughts and energy.
- Recovery Compression System ( benefits: improve blood circulation, reduce swelling&stiffness, relieve muscle fatigue&pain)
- Dry brush body massage to eliminate toxins, to stimulate body heat and speed metabolism.

To find out more about how you can “escape” the stress and come out feeling renewed, please contact Nataliya at: [nposner@spdiet.com](mailto:nposner@spdiet.com) or call her at: 703-606-1103.