

Ajna Holistic Sanctuary



Ajna Holistic Sanctuary provides an environment for inner healing through

massage & bodywork ♦ yoga & pilates ♦ lifestyle skills

Our practitioners and instructors are trained to, and operate at

a high level of International Standard

Integrity and self-worth encompass all that we do

Let us assist you on your journey

Holistic Practitioner Contact Details

Andrea De Souza, B.Sc., NCTMB

Holistic Practitioner & Instructor

246 426 7815 or 246 230 9094

body.therapeutics@hotmail.com

Giselle Duff, IEB

Sports & Therapeutic Massage Therapist

246 236 5466

benefitbodyworks@gmail.com

Upton St. Michael Barbados, W.I

Office 246 426 7815 Mobile 246 230 9094

ajnasanctuary@outlook.com www.ajnasanctuary.com

Ajna Holistic Sanctuary



Sedio Gregoire, IEB

Sports & Therapeutic Massage Therapist, Aesthetecian

246 231 6824

sedio.gregoire@gmail.com

Shane Griffith, IEB

Sports & Therapeutic Massage Therapist

246 259 7719

ankhharmony@gmail.com

Stephen Scott, IEB

Sports & Therapeutic Massage Therapist

246 256 4210

stephensaigescott@gmail.com

Jennifer Jones

Yoga & Pilates Instructor

246 243 4419

pilatesontheGO@live.com

Upton St. Michael Barbados, W.I

Office 246 426 7815 Mobile 246 230 9094

ajnasanctuary@outlook.com www.ajnasanctuary.com