



Bliss in Me
YOGA & ANTI AGING LIFESTYLE

ANTI AGING, BEAUTY & WELLNESS PROFESSIONAL PORTFOLIO





MY NAME IS AGA AND I WOULD LIKE TO INVITE YOU TO JOIN ME ON THE KOBIDO & BEAUTY'S JOURNEY.

ABOUT ME:

Agnieszka Kowalska:

- Anti Aging, Wellness and Nutrition Coach & Educator.
- Japanese Anti-Aging Facial Massage Therapist & Trainer.
- Traditional Chinese Medicine BOJIN Therapy Specialist & Trainer.
- Oriental Beauty Yakuzen Medicine Food Adviser & Trainer.
- Beauty Educator/Lecture.
- Oncology Beauty Therapist.
- Yoga & Meditation Teacher.
- Specialize globally in Women's Menopausal and Hormonal Health.
- Owner of Bliss In Me-Yoga & Anti Aging Lifestyle.
- Clinical Aromatherapy Supervisor.
- Organizer of Holistic Yoga & Wellness Retreats all over the world.
- Have worked in the Health and Wellness Industry for over 20 years.





MY PATH TO BEAUTY:

Anti Aging, Beauty & Wellness were initially only supposed to be a part of my life, but it soon turned into a way of my Organic Yoga Lifestyle – a perfect combination for those who want to choose **Mother Nature's Path – an organic lifestyle – simple, healthy and close to nature.**

Yoga, Meditation, Travel, Aromatherapy, Ayurveda, Beauty Care, Women's Health, Well-Being, and Organic Yoga Lifestyle play a big part in my life.

I love traveling and discovering new places, tastes, smells and sounds, as well as meeting people who share an interest in spreading the same ideas and motivation to discover the source of a **real holistic Beauty, Beautiful People, Inner Balance and Happiness.**





PROFESSIONAL BACKGROUND:

The Most Important Anti Aging & Beauty Training and Courses Include:

- Japanese Anti-Aging Facial Massage Therapist & Trainer.
- Traditional Chinese Medicine TCM Bojin Therapy Specialist.
- Oriental Beauty Yakuzen Medicine Food Adviser & Trainer.
- Hormone Yoga Therapy Specialist & Trainer.
- Beauty & Spa Management Professional Course.
- Holistic Menopause, Skin & Nutrition Coach.
- Oncology Esthetics Professional International Training.
- Clinical Aromatherapy – Advanced Level.
- Japanese Spa Management.
- Ayurvedic Wellness Therapist.





ANTI AGING, BEAUTY AND WELLNESS RETREATS

I also organize intimate Beauty & Wellness Retreats all over the world, especially in Japan, India, Greece and Bali.

I offer a unique combination of holistic treatments, including Japanese Anti Aging Facial Massage, TCM Bojin Therapy, Hormone Yoga & Menopause Skin, Aromatherapy and Yakuzen Medicine Food Cooking Workshops/Classes, to provide a deep transformative and nourishing experience through working with your Body, Mind and Soul.

BLISS IN ME – YOGA & ANTI AGING LIFESTYLE HAS BEEN CREATED FOR YOU.





AGNIESZKA KOWALSKA

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