

SKY BIZANI

PERSONAL FITNESS COACH & WELLNESS MESSAGE THERAPIST

Ultimate Wellness means connecting to your Body and giving it all the attention it needs. Your Physical Wellness combined with Mental Relaxation incorporating Breathing and Massage Techniques Based in Johannesburg Northern Suburbs from Sandton to Dainfern and holds a Personal Trainer Certification with HFPA & Massage Therapy Certified. It's time to 'Pause' with Coach Sky.

- Wellness Massage Therapist
- Personal Fitness Coaching Programmes
- Weight loss through physical training & healthy eating habits

