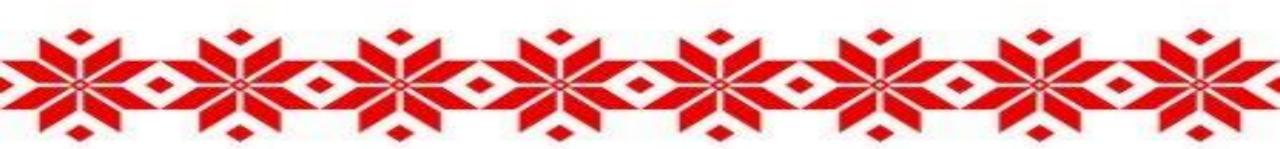


"BANYA" TOURISM IN BELARUS

Prepared by Kristina Klimashevich



POSITIVE EFFECTS OF "BANYA"

- 1. Can Elevate Your Mood
- 2. Can Help You Sleep Better
- 3. Can Help Relieve Muscle Pain
- 4. Can Make Your Heart Healthy
- 5. Burn Calories
- 6. Can Relieve Cold And Flu Symptoms
- 7. Can Soothe Irritated Skin



BELARUSSIAN "BANYA" TRADITIONS



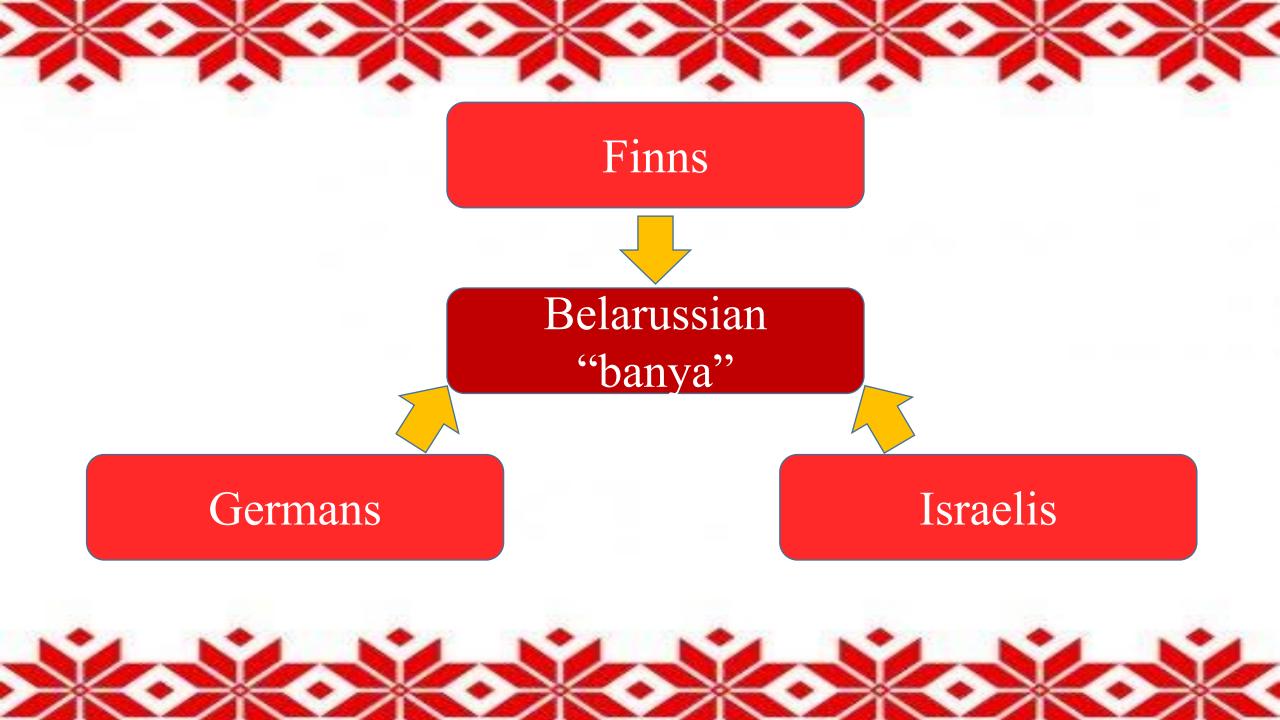








Development of "banya" tourism in Belarus





Gennady Moroz
Professional banya attendant

«In the right banya people laugh, meditate and read poems»

His steam frost program is popular with tourists from European countries, Turkey, Australia, Cuba, India, China, and the USA



THANK YOU FOR YOUR ATTENTION!!!

