



## WELLNESS ACTIVITIES

We welcome you to join us for these activities:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00			Hiking**				Hiking*
09:00		Yoga		Yoga			
10:00	Gym Instruction				Gym Instruction	Cross Training in the Gym	
17:30		ABS		Workout			

Meeting point for all classes at the Spa reception or in the Gym.  
For the Hiking we meet at the Hotel reception.  
Please see our hike instructions.

We ask to confirm your assistance at the Spa or at the reception.  
Pls call 250 or visit us.

## DESCRIPTION of the CLASSES

### HATHA YOGA

Hatha Yoga is the most widely practiced form of yoga in the world, based on postures (Asana) and conscious breathing (Pranayama) in combination with mental focus to develop awareness and strength. The sense of well-being is noticed in your body, mind, and spirit.

### YOGA BALANCE

Find your inner peace in this session and relax your mind and stretch your body. Dive into a journey of self-awareness and love.

### ABS

The focus is on your abdominal muscles, your core muscles for a correct posture. These muscles need the correct exercise to support your movement and your physical look.

### CROSS TRAINING

Our Personal trainer guides you through the GYM with an active workout based on HIIT principles. You will sweat, your muscles are trained, and you feel that you have worked out!

### HIKING

We offer you two different hiking sessions, where you can enjoy the view to the Caldera, the beautiful volcanic cliff of Santorini Island.

### PERSONAL TRAINING

PRIVATE SESSION FOR ABOVE ACTIVITIES

o 95€ @ 175€