



WELLNESS ACTIVITIES

We welcome you to join us for these activities:

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
07:30		Hiking**			Hiking**
10:00	Yoga		Yoga		
17:30				Hiking*	

Meeting point for all classes at the Spa reception.
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 300 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.

VINYASA FLOW

A dynamic yoga where movement and Asanas are synchronized with breathing exercises and with bandhas. The benefits of a Vinyasa Class are both mental and physical. Physically, you sweat, and it releases toxins, mentally, helps to release blockage and body stiffness.

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.

HIKING

We offer you two different hiking sessions, where you can enjoy the view to the Caldera, the beautiful volcanic cliff of Santorini Island. * Easy level (1h) ** Advanced level (2,5 h)

PERSONAL TRAINING

PRIVATE SESSION FOR ABOVE ACTIVITIES

o 95€ @ 175€