



WELLNESS ACTIVITIES

We welcome you to join these activities

COMPLIMENTARY WELLNESS ACTIVITIES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00		Hiking				Hiking	
10:00	Pilates Mat		Boost Energy Yoga	Pilates Mat			
16:00		Vin-Yin Yoga			Stretching & Bodywork		Stretching
18:00			Breathing & Meditation	Sunset Yoga*			

Meeting point at the Spa reception.

For the Hiking we meet at the Hotel reception. Please see our hike instructions.

We ask to confirm your assistance in advance.

DESCRIPTION of the CLASSES

PILATES Mat

Pilates is a low impact exercise method that focuses on strengthening the core and improving flexibility developing stability through the entire torso. It enhances muscular effort that develops from the core. It also combines controlled movements with breath work to promote better posture and alignment.

VIN-YIN Yoga

Vin & Yin combines two fundamental principals in modern Yoga. The soft coordination of movement and breath with smooth transitions from one posture to the other (Vinyasa) and the conscious stay into the postures (Yin) which increases flexibility of the body tissue. In this class, you will enjoy the harmonious match of the two principles combined.

BOOST ENERGY

strength and release toxins, while mentally will clear the mind and release blockages. Be prepared to reach your physical limits, however we always adapt to your individual needs.

SUNSET Yoga* (pls check availability)

Elevate your energy with this enchanting Sunset Yoga experience. As the sun goes down you are guided through a harmonizing body and soul session, led by our expert instructor. This serene practice is meant to wind down the day, bring inner balance, ensuring a blissful transition into the evening.

BREATHING & MEDITATION

Meditation can help you improve your attention and maintain your focus for longer periods of time, can also improve emotional regulation, as you learn to respond more effectively to your internal feelings. The class will start with a few breathing techniques to prepare the mind for meditation.

STRETCHING & BODYWORK

Our body work professionals will guide you in a class that will enhance the circulation and the flexibility of your body to come back into balance. The class is ideal when the body is physically challenged since it effectively releases muscle tension and stiffness.

HIKING

Enjoy a day with Hiking, where you can enjoy the breathtaking views from Caldera's cliffs featuring a variety of volcanic formations, picturesque villages and local people. You will have a guide who will take you through stories for history and culture and will also take care of your needs. The 2-hour hike is adapted to many fitness levels and it will end at our sister property Andronis Arcadia where you will enjoy your breakfast.

PRIVATE CLASS & PERSONAL TRAINING & PRIVATE HIKE

PRIVATE SESSION FOR ABOVE ACTIVITIES

○ 95€ ● 185€

Please ask for group pricing