



## WELLNESS ACTIVITIES

We welcome you to join these activities

### COMPLIMENTARY WELLNESS ACTIVITIES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00		Hiking				Hiking	
10:30	Pilates Mat		Hatha Yoga	Pilates Mat			Vinyasa Flow
16:00					Stretching & Bodywork		

#### 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.

#### 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.

#### 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*