



## WELLNESS ACTIVITIES

We welcome you to join these activities

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00		Hiking				Hiking	
10:00	GYM Instruction		Cross Training in the Gym	Hatha Flow YOGA	ABS		YOGA Balance
17:00		Sunset YOGA			Vinyasa Flow YOGA	MEDITATION	

### Meeting point 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 in advance.**

## 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. Beginners to Advanced.

### 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. Beginners to Advanced.

### 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. This tranquil yoga session is harmonizing the body and the mind. A peaceful opportunity to unwind and ground yourself.

### SUNSET YOGA

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.

### 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. 30 min of pure power workout! Experience the guidance of our trainer to get in shape and feel strong!

### 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! Be prepared to workout and reach your physical limits, however we always will adapt to your individual needs.

### HIKING

The highlight of Santorini is the Caldera cliff, and hiking from Oia to Imerovigli is a wonderful way to experience the island's stunning scenery. This two hours hike is guided by our activities team, and will end at our sister property Andronis Concept wellness resort where you will enjoy breakfast.

### PRIVATE CLASS & PERSONAL TRAINING & PRIVATE HIKE

PRIVATE SESSION FOR ABOVE ACTIVITIES

95€ 185€

*Please ask for group pricing*