

# YOGA

## STRETCH & FLOW

DIFFICULTY LEVEL: 2/5

Find harmony between stretching and dynamic movement in a fluid and accessible class designed to enhance flexibility and release tension. Perfect for those seeking a gentle yet engaging challenge.

## POWER YOGA

DIFFICULTY LEVEL: 5/5

Ignite your inner fire and push your limits with an intense and challenging practice that combines strength-building poses and dynamic sequences that help to cultivate stamina and focus.

## RADIANT RISE & SHINE

DIFFICULTY LEVEL: 1/5

Greet the day with gentle movements, mindful breathwork and positive intentions, cultivating a luminous start to your morning and setting the tone for a radiant day ahead.

## HATHA YOGA

DIFFICULTY LEVEL: 2/5

Step into your summer light and harness the strength of the sun. Summer is about expansion. Through slow, precise movement and a short meditation, embrace your inner summer within the body and mind.

## MORNING FLOW & SANKALPA

DIFFICULTY LEVEL: 2/5

Start your day with movement and intention. The perfect way to wake up the body through fluid movement, preparing it for the day ahead. At the end of the class everyone will have time to set their Sankalpa in private. Sankalpa is a Sanskrit term, in yogic philosophy, that refers to a heartfelt desire. The last few minutes will be dedicated for you to go inwards, send your intention to the universe and assisting in manifestation, with your focus and energy.

## SLOW FLOW

DIFFICULTY LEVEL: 2/5

Embrace mindful movement and synchronize with the breath in a deliberate and moderately challenging practice that works on flexibility, stability and inner calm.

## YOGA FOR STRONG CORE

DIFFICULTY LEVEL: 4/5

Build a resilient and functional core by moving through dynamic flow, focused in the center of our body. Working on our core helps to enhance physical endurance and stability, supports better posture and deepens the mind-body connection.

## AFTER SUN FLOW & BREATHWORK

DIFFICULTY LEVEL: 2/5

Held in the evening hours, this gentle flow focuses on soft, soothing movements, long-held stretches in combination with breathing techniques that help to calm down the nervous system and bring us into state of ease. This class is ideal for winding down.

## YOGA NIDRA

DIFFICULTY LEVEL: 1/5

Yoga nidra or yogic sleep is a state of consciousness between waking and sleeping in which the body is completely relaxed. The practitioner becomes systematically and increasingly aware of the inner world by following a set of verbal instructions while lying down in a supine position. By calming the nervous system, this practice deeply benefits the mind and body.

## YOGA FUNDAMENTALS

DIFFICULTY LEVEL: 2/5

Ideal if you are new to yoga and are unsure of where to start. Enjoy detailed instructions of yogic poses, breathwork and relaxation techniques. It is ideal for people that have just begun their yogic journey or for experienced practitioners that want to get back to the basics.

## YIN YANG YOGA

DIFFICULTY LEVEL: 2/5

Yin and Yang are the Taoist concepts which describe the two relative qualities present in everything. Yin is more internal, passive, cooling and downward; Yang is more external, dynamic, warming and upward. When these terms are applied in yoga, they usually refer to a practice that balances the two qualities: the first half of the class includes standing asanas, while the second half uses poses that are passive and deeply stretch the body, giving a perfectly balanced experience.

## DYNAMIC YOGA

DIFFICULTY LEVEL: 3/5

A practice that will challenge your cardio and stamina with its flow. As it is a class that requires some prior knowledge of yogic poses, it is recommended for practitioners that have some experience in yoga.

## YOGA FOR FLEXIBILITY

DIFFICULTY LEVEL: 3/5

In yoga, the body is meant to be like a bamboo: so bendy that even the strongest wind cannot break it. This is a class that focuses on enhancing flexibility in a way that is very active, especially when compared to that of yin yoga classes.

## VINYASA YOGA

DIFFICULTY LEVEL: 4/5

Vinyasa means 'to place in a special way', in this case, yoga postures. It is a creative form of yoga where poses are linked together with the breath in a flowing sequence. The beauty of Vinyasa is its variety. As this lesson is fast-paced and the poses gradually get more and more challenging, it is recommended for more experienced practitioners.

# AERIAL YOGA

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DIFFICULTY LEVEL: 4/5

Elevate your practice as you flow through poses suspended in silk hammocks, challenging your balance and strength in a dynamic, medium difficulty class.

## AERIAL YIN YOGA

DIFFICULTY LEVEL: 1/5

Experience deep relaxation and rejuvenation as you surrender into gentle, gravity-assisted stretches. This tranquil practice is accessible to all levels.

## AERIAL HARMONY

DIFFICULTY LEVEL: 2/5

Find harmony and balance, engaging in gentle movements and stretches that promote a sense of peace and wellbeing.

## AERIAL SUNRISE FLOW IN THE HAMMOCK

DIFFICULTY LEVEL: 3/5

A rejuvenating morning class that blends gentle aerial stretches, fluid movements and hammock-supported poses to awaken the body and calm the mind.

## AERIAL CORE & UPPER BODY CONDITIONING

DIFFICULTY LEVEL: 4/5

An empowering class using the hammock to target core muscles and build upper body strength through dynamic exercises and stability drills, perfect for advancing aerial skills.

## AERIAL SOUND BATH

DIFFICULTY LEVEL: 1/5

Embark on a tranquil journey of relaxation. Immerse yourself in soothing sounds and gentle vibrations while nestled within the comfort of our aerial hammocks.

# MEDITATION

## MEDITATION & SOUND THERAPY

DIFFICULTY LEVEL: 1/5

A calming practice concentrated on cultivating inner harmony. Allowing in peaceful energy whilst quieting mental chatter, let go of anything that is not in an alignment, supporting this process with healing frequencies.

## PRANAYAMA & MEDITATION

DIFFICULTY LEVEL: 1/5

During this meditation you will be guided into a state of absolute ease, promoting deep relaxation and self-awareness. This guided meditation helps to manage stress through techniques like mindfulness, visualization or mantra recitation.

# PILATES

## \*PILATES REFORMER

(25€/PERSON)

DIFFICULTY LEVEL: 2/5

Focusing on form, alignment and breath whilst stretching and strengthening the entire body using spring resistance. You won't believe how great a workout can feel.

## \*PILATES REFORMER PROPS

(25€/PERSON)

DIFFICULTY LEVEL: 3/5

This class incorporates the use of various props in combination with the Reformer machine to enhance the Pilates experience. The Reformer is a versatile piece of equipment that uses springs for resistance, helping to improve flexibility, strength and body alignment. Props such as resistance bands, small balls, magic circles and weights are introduced to add variety to the workout, targeting different muscle groups more effectively.

## PILATES MAT

DIFFICULTY LEVEL: 2/5

Concentrating on strengthening the body with an emphasis on core strength. Helps to improve general fitness and overall wellbeing. Similar to Yoga, Pilates concentrates on posture, balance and flexibility.

## FULL BODY STRETCHING

DIFFICULTY LEVEL: 1/5

Focused on improving flexibility and mobility through gentle, controlled stretches. Participants learn to stretch muscles and joints in a way that promotes flexibility, reduces tension and improves posture.

The class includes a variety of techniques, such as static and dynamic stretching. It is tailored to each participant's level.

## PILATES FUSION H.I.I.T.

DIFFICULTY LEVEL: 2/5

Pilates is combined with other forms of exercise, such as yoga and other functional programs. This approach helps strengthen the body and increase endurance, with creative and varied movements.

## STRETCH PILATES

DIFFICULTY LEVEL: 2/5

A mat-based class focused on movements to help stretch out the body and release tension. The class also includes movements that work on strength and control throughout the body. This is a gentle paced class suitable for most levels.

## POWER PILATES

DIFFICULTY LEVEL: 3/5

Designed to address the body's natural balance through a series of precise and controlled movements. A mix of Pilates movements and Fitness exercises.



# FITNESS

## \*SPINNING

(25€/PERSON)

DIFFICULTY LEVEL: 3/5

Spinning on stationary bikes combines cardio and endurance in a 45-minute calorie-burning session. Not only is it great for improving cardiovascular health, but it's great for toning muscles, assisting in strength development.

## TRX & KETTLEBELL COMBO

DIFFICULTY LEVEL: 4/5

A revolutionary workout method that uses body weight and gravity as resistance to build strength, balance, coordination, flexibility and joint stability. In combination with Kettlebell exercises this is a calorie-burning workout with impressive muscular development results.

## ABS & LEGS

DIFFICULTY LEVEL: 2/5

This class focuses on working abs and legs, mixing cardio exercises with strength training to burn calories. You'll be alternating between a range of lunges, squats and crunches. Each exercise focuses on targeted muscles for a balanced workout.

## HYROX WOD

DIFFICULTY LEVEL: 3/5

Combines both running and functional workout stations. Run 1k followed by 1 functional workout station and repeat.

Hyrox WOD training involves a combination of strength, endurance and mobility, all of which result in better athletic performance.

## H.I.I.T. (HIGH INTENSITY INTERVAL TRAINING)

DIFFICULTY LEVEL: 4/5

Combines exercises that tones muscles and builds cardiovascular health. This 45-minute class burns fat and helps to create long, lean muscles, with rapid results. It strengthens the core, improves circulation and increases flexibility.

## EVENING STRETCH & MOBILITY

DIFFICULTY LEVEL: 2/5

Relax your muscles, improve your muscle flexibility and joint mobility through stretching movements for the upper and lower body.

## FUNCTIONAL FITNESS

DIFFICULTY LEVEL: 3/5

Improve your strength, coordination and balance. Designed to help you train and prepare your body for daily tasks by incorporating everyday movements and muscles in each exercise.

## CIRCUIT TRAINING

DIFFICULTY LEVEL: 4/5

Circuit training is a fast-paced class, do one exercise for 60 seconds and then move on to another exercise. This focuses on all major postural muscles and triggers a tabata-like effect activating both fast and slow twitch muscle fibers.

## CROSS TRAINING

DIFFICULTY LEVEL: 3/5

Various kinds of training routines, designed to achieve a more rounded set of skills that your body can call on when needed. In this class we combine fitness exercises and running in an interval way for a unique workout experience in front of Lourdas Beach.