



## Wellness Activities | We welcome you to join these activities

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30		Hiking					Hiking
10:00	ABS			Cross Training in the Gym	GYM Instruction		
12:00			Vinyasa Yoga			Ashtanga Yoga	
16:00		Golden Hour Yoga			Flex Flow		Meditation

**Meeting point at the Spa reception or in the Gym.**

**Hiking Meeting Point:** Hotel Reception – please refer to our hike instructions.

**Kindly confirm your participation in advance.**

## DESCRIPTION OF THE CLASSES

### VINYASA YOGA

A dynamic sequence of poses, where breath and movement unite to create a powerful energising experience. The benefits of Vinyasa class are building strength, improving flexibility and finding balance.

### ASHTANGA YOGA

Ashtanga Yoga is a dynamic and structured practice that synchronizes breath with a series of progressive postures, promoting strength, flexibility, and mental clarity. This energetic flow helps to detoxify the body and calm the mind, offering a holistic approach to wellness.

### GOLDEN HOUR YOGA

Embrace the magic of sunset in Santorini with a serene yoga class set against breathtaking views of the Aegean Sea. As the sun dips below the horizon, let the calming energy of the environment guide your practice for an unforgettable experience of peace, balance, and connection.

### FLEX FLOW

Unlock your body's full potential in this flexibility - focused yoga class. Through a series of gentle and dynamic stretches and poses, you'll improve mobility, increase flexibility, and release tension, leaving you feeling more open, balanced, and rejuvenated.

### 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 Imerovigli to Oia is a wonderful way to experience the island's stunning scenery.

The experience begins with a transfer to **Andronis Concept Wellness Resort** and ends at **Andronis Arcadia Resort**, where you will enjoy breakfast.

## PRIVATE CLASS & PERSONAL TRAINING & PRIVATE HIKE

PRIVATE SESSION FOR ABOVE ACTIVITIES

○ 95€ ⊕185€

*Please inquire for group pricing*