



## WELLNESS ACTIVITIES

We welcome you to join these activities

### COMPLIMENTARY WELLNESS ACTIVITIES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00		Hiking					Hiking
10:15			Yin Yoga			Morning Yoga Flow	
16:00	Tapping & breathing session			Manifestation Ritual			

**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

### TAPPING & BREATHING SESSION

Tapping, also known as Emotional Freedom Technique (EFT), combined with breathing techniques is a powerful method for releasing stress, anxiety, and emotional blockages. Together, tapping and breathing create a calming, mindful experience that encourages emotional release, balance, and overall well-being.

### YIN YOGA

Yin Yoga is a slow-paced practice emphasizes long-held poses that target deep connective tissues, enhancing flexibility, joint health, and inner calm. It encourages mindfulness and stress relief, fostering balance and inner peace for both body and mind.

### MANIFESTATION RITUAL

This ritual uses the soothing power of water to help clear the mind and set intentions for personal growth. Performed in a tranquil, serene setting, it combines gentle movement, breathwork, and mindful meditation, allowing you to release negativity and cultivate a sense of clarity and purpose.

### MORNING YOGA FLOW

Start your day with Sun Salutations (Surya Namaskar), a dynamic sequence of yoga poses designed to honor the sun and awaken your body. This energizing flow links breath with movement, gently warming up the body while improving circulation, flexibility and strength. Perfect for setting a mindful, balanced tone for the day ahead.

### 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 inquire for group pricing*