



## Wellness Activities

Join our complimentary wellness sessions designed to enhance your well-being.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30		Hiking				Hiking	
09:15	Morning Mobility			Bodyweight Training	Legs & Core		
12:00			Vinyasa Flow				Yin Yang Yoga
16:00		Rebalance Yoga			Stretch & Yoga Nidra	Pranayama & Meditation	

Meeting point at the Spa reception or in the Gym.

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

Kindly confirm your participation in advance.

## DESCRIPTION OF THE CLASSES

### VINYASA FLOW

A dynamic yoga practice where breath and movement flow seamlessly together, creating an energizing experience. This class builds strength, improves flexibility, and enhances balance, leaving you feeling revitalized and fully present in your body.

### YIN YANG YOGA

Yin Yang Yoga is a harmonious practice balancing energy and movement. Dynamic Yang stretches warm the muscles and invigorate the body, while long-held Yin poses enhance flexibility, release tension, and improve joint mobility—creating complete physical and mental harmony.

### REBALANCE YOGA

A gentle yoga practice featuring soothing stretches and relaxing poses to release the tension of the day. Rebalance Yoga promotes inner calm, rejuvenates the mind, and prepares the body for deep rest, offering a serene pause in your day.

### STRETCH & YOGA NIDRA

A deeply restorative sequence that begins with gentle stretches and flows into Yoga Nidra, a guided relaxation practice. Melt away tension, soothe your nervous system, and restore deep mental and physical balance for total relaxation and well-being.

### PRANAYAMA & MEDITATION

Experience the transformative power of conscious breathing and mindfulness. Pranayama and Meditation calm the mind, restore clarity, reduce stress, and cultivate a profound sense of inner peace—leaving you centred, balanced, and deeply relaxed.

### MORNING MOBILITY

A session designed to awaken the body and prepare you for the day ahead. Through fluid movements and mindful stretching, it improves flexibility, releases tension, and restores natural mobility—leaving you energized and ready for the day.

### BODYWEIGHT TRAINING

A workout using only your body weight. Through natural movements and controlled exercises, this session supports overall vitality, improves coordination, and strengthens the body—suitable for all fitness levels.

### LEGS & CORE

A focused workout for the lower body and core. Functional exercises such as squats and lunges build strength, balance, and stability, followed by targeted core work—leaving you feeling strong, toned, and energised. Suitable for all fitness levels.

### HIKING

One of the highlights 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** and ends at **Andronis Arcadia**, where you will enjoy breakfast.

## PRIVATE WELLNESS SESSIONS

PERSONALISED YOGA, FITNESS, OR GUIDED HIKE EXPERIENCES.

○ 95€ @185€

*Please inquire for group pricing*