



KALLOS

Wellness Activities

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00		Hiking				Hiking	
09:00							Morning Flow Yoga
17:00				Yoga Nidra & Sound Bath			

Meeting point at the Spa reception.

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

Kindly confirm your participation in advance.

DESCRIPTION OF THE CLASSES

YOGA NIDRA & SOUND BATH

A deeply restorative session combining guided yogic relaxation with the soothing, melodic sounds of Tibetan singing bowls and other instruments.

This carefully crafted experience releases tension, calms the nervous system, and restores inner balance - leaving you refreshed, centred, and fully present in your body and mind.

MORNING FLOW YOGA

A balanced Hatha-Vinyasa practice designed to gently awaken the body and mind.

Through mindful movement and breath awareness, this session improves flexibility, builds strength, and restores natural energy flow - leaving you feeling refreshed, centred, and ready to embrace the day.

HIKING

Discover the beauty of Santorini through a guided hike along the Caldera's cliffs. Take in breathtaking views of volcanic formations, picturesque villages, and the island's unique landscape. Your guide will share insights into the local history and culture while ensuring a comfortable and enjoyable experience.

The hike lasts approximately 2 hours, is suitable for all fitness levels, and concludes at our sister property, Andronis Arcadia, where you will enjoy breakfast.

PRIVATE WELLNESS SESSIONS

PERSONALISED YOGA, FITNESS, OR GUIDED HIKE EXPERIENCES.

○ 95€ ∞ 185€

Please inquire for group pricing