

YOGA

SLOW FLOW

DIFFICULTY LEVEL: 3/5

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

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, high-difficulty practice that combines strength-building poses and dynamic sequences to cultivate stamina, focus and empowerment.

DYNAMIC DETOX

DIFFICULTY LEVEL: 4/5

Cleanse the body and mind with a dynamic sequence designed to stimulate circulation, flush toxins and rejuvenate energy levels, offering an invigorating challenge for detox enthusiasts.

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.

SERENE SUNSET FLOW

DIFFICULTY LEVEL: 3/5

Surrender to the tranquillity of the sunset as you flow through gentle movements and soothing stretches, winding down at the end of the day with grace and mindfulness in our serene surroundings.

HATHA YOGA

DIFFICULTY LEVEL: 2/5

Step into your summer light and harness the strength of the sun. Summer is about expansion, allowing yourself to be wild and free. Through slow, elegant movement and a short meditation, embrace your inner summer through the body and mind.

RESTORATIVE YOGA

DIFFICULTY LEVEL: 1/5

Restorative is a therapeutic form of yoga using props to support the body. The goal is to completely relax into poses, which are held for at least five minutes but often longer. By using passive poses, this type of yoga lets the nervous systems (sympathetic and parasympathetic) shift and relax.

RESTORATIVE YOGA & SOUND THERAPY

DIFFICULTY LEVEL: 1/5

A soft practice that combines restorative yoga and sound therapy techniques. A perfect way to deeply relax both the body and the mind.

YIN YOGA

DIFFICULTY LEVEL: 1/5

Yin yoga is a slower style of yoga in which poses are held for up to five minutes or more. It is a style with roots in martial arts as well as yoga, and it's designed to increase circulation in the joints and improve flexibility.

CHAIR YOGA

DIFFICULTY LEVEL: 1/5

A gentle form of yoga performed while seated or using a chair for balance, making the practice more accessible. In chair yoga, it's possible to move into poses like cat/cow, warrior, and forward folds, all while seated. It is ideal for senior practitioners that are new to yoga, for people that suffer from injuries or for experienced practitioners that want to see the poses from a different perspective.

YOGA FUNDAMENTALS

DIFFICULTY LEVEL: 2/5

Are you new to yoga and you don't know where to start? This is the class for you. It offers more 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.

PRENATAL YOGA

DIFFICULTY LEVEL: 2/5

Yoga can be a great tool to support the physical, mental and emotional changes that take place during pregnancy. Ideal for preparing your body, mind and breath for the big day.

MOON SALUTATION FLOW

DIFFICULTY LEVEL: 2/5

Many traditional cultures revere the moon as a manifestation of the divine feminine force in nature. The moon salutation sequence is a cool, inward-moving, and mildly calming practice. The poses reflect the phases of the moon and usually incorporate deep pelvic stretches.

HATHA YOGA ALL LEVELS

DIFFICULTY LEVEL: 3/5

Hatha yoga derives its name from the Sanskrit words for sun and moon, and is designed to balance opposing forces. During a class, you can expect to hold each pose for between 8 to 10 breaths, with a strong focus on stability and building strength. Suitable for beginners and experienced practitioners alike.

SUN SALUTATION FLOW

DIFFICULTY LEVEL: 3/5

This sequence is dynamic and ideal for warming up the body. The flow, the heat and the rhythmic breath of sun salutations is said to be the best and most efficient way to purify the body from anything that is considered harmful.

DYNAMIC YOGA FLOW

DIFFICULTY LEVEL: 3/5

A morning practice that will challenge your cardio and your 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.

YOGA FOR STRENGTH

DIFFICULTY LEVEL: 3/5

Contrary to common belief, yoga is an amazing way to build strength. The most fascinating thing about it is that you don't need any complex gym equipment to do so. Just your mat, body, breath, and willpower is enough!

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.

360° VINYASA YOGA

DIFFICULTY LEVEL: 5/5

A strong and quick practice for experienced practitioners that want to spice up their asana flow. The poses will rotate the body through all four directions, hence the name of this class.

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 experience.

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 EXPLORATION

DIFFICULTY LEVEL: 3/5

Embark on a journey of exploration through aerial practice, discovering new perspectives and sensations with a moderate level of difficulty.

MEDITATION

RECONNECT WITH YOUR BREATH

DIFFICULTY LEVEL: 1/5

Our breath comes unconsciously. Ancient practices and modern science argue that making it conscious and observable is extremely beneficial for our health. This class introduces some breathing techniques that can help release stress, balance hormones, and improve one's breathing process.

ABUNDANCE MEDITATION

DIFFICULTY LEVEL: 1/5

The universe is listening to you at this very moment. No words need to be spoken - it listens to your energy, vibration and frequency. Just state what you want to receive and it will answer.

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 brain and body.

SINGING BOWL MEDITATION

DIFFICULTY LEVEL: 1/5

A meditation accompanied by the beautiful sounds of the singing bowls and the Tibetan gong. As the sounds help the body to relax and the mind to focus, meditation comes more effortlessly.

LOVING KINDNESS MEDITATION

DIFFICULTY LEVEL: 1/5

A meditation focusing on the true sense of yoga: love.

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 FLOW

(25€/PERSON)

DIFFICULTY LEVEL: 3/5

A dynamic and fun class. Using exercises that flow together and connect each movement with breath. This class will challenge your stability, balance and breath as you move energetically from one exercise to the next whilst varying tempo & range of motion.

PILATES MAT FOUNDATION

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.

CORE PILATES

DIFFICULTY LEVEL: 2/5

The core muscles are part of the powerhouse set. This class mainly activates the core, improving strength and balance.

PILATES FOR BALANCE

DIFFICULTY LEVEL: 3/5

A series of pilates exercises performed while standing rather than on the floor or on a mat. Become more flexible and improve your balance and form.

PILATES PROPS

DIFFICULTY LEVEL: 2/5

Pilates Fusion incorporates exercises from different workout styles to give a modern twist to Mat Pilates. Similar to Mat Pilates, this style has a deep focus on the core and emphasizes moves that will tone, stretch and elongate muscles.

STRETCH PILATES

DIFFICULTY LEVEL: 2/5

This is 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 and you are able to work at a level that you feel comfortable with.

DYNAMIC 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-crunching session. Not only is it great for improving cardiovascular health, but it's great at toning muscles assisting in strength development.

TRX & KETTLEBELLS

DIFFICULTY LEVEL: 4/5

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

ABS + LEGS

DIFFICULTY LEVEL: 2/5

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

H.I.I.T.

DIFFICULTY LEVEL: 4/5

High Intensity Interval Training combines exercises that tones muscles and builds cardiovascular health. This 60 minute class burns fat and helps to create long, lean muscles, with rapid results. It strengthens the core, improves circulation, and increases flexibility.

STRETCH + FLEX

DIFFICULTY LEVEL: 1/5

Combining stretching with resistance band exercises to warm up muscles, improve flexibility and help prevent soft-tissue injuries.

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 in which you 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 fibres.

TRAIL RUN

DIFFICULTY LEVEL: 4/5

Trail running is simply defined as going for a run in the heart of nature. Fill your body with pure oxygen and improve your cardiovascular capacity whilst enjoying the unlimited view of the Ionian Sea.

MORNING VILLAGE RUN

DIFFICULTY LEVEL: 3/5

A 60' morning run in the village of Lourdata. Burn calories and increase your fitness level and whilst exploring our village Lourdata from side to side.

KETTLEBELL WORKOUT

DIFFICULTY LEVEL: 4/5

Kettlebell exercises target both strength training and cardiovascular fitness. Combined with explosive movements for an amazing and intense workout. Let's sweat!

BEACH GYM CROSS TRAINING

DIFFICULTY LEVEL: 3/5

Cross training is essentially adding different types of training into your routine 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.

FITBALL COMBO

DIFFICULTY LEVEL: 3/5

Fitballs help to strengthen the muscles in your abdomen and back, improve your core stability and your balance. This workout will help to reduce stiffness, lessen fatigue and strengthen the muscles in the upper and lower body.

BODY POSTURE IMPROVEMENT

DIFFICULTY LEVEL: 1/5

Specific mobility and stretching exercises for the main muscle groups that support our spine help to increase flexibility and improve body posture.