

TRAINING DESCRIPTIONS

Ashtanga Vinyasa Yoga

Ashtanga Vinyasa yoga is a dynamic style of yoga that synchronizes correct breathing (Ujjayi Pranayama), postures (asanas) and gazing points (dristi) which helps us gain control of our senses and a deep awareness of ourselves. This practice is designed to build strength, flexibility and stamina as well as improve focus and mental clarity. Engage in the dynamic flow of Ashtanga yoga with the unyielding strength and your inner fire, mastering each sequence with unwavering focus and determination. Embrace the challenge and let each asana strengthen your body and spirit.

Hatha Yoga

Hatha yoga is a traditional form of yoga that focuses on physical postures, breathing techniques and relaxation. It aims to balance the body, mind and spirit through a series of gentle movements, stretches and breathing exercises. Hatha yoga is suitable for all levels and is often used as a foundation for other forms of yoga practice. Embrace the soothing practice of Hatha yoga to cultivate harmony and flexibility, empowering yourself with each breath and stretch. Feel the warmth of your inner light shining through every pose, guiding you towards renewed unity with your body.

Vinyasa Flow yoga

Vinyasa Flow Yoga emphasizes the coordination of breath and movement. It is characterized by a series of poses that flow together creating a fluid and continuous movement. This style of yoga also focuses on improving mobility, flexibility and balance, as well as cultivating mindfulness and breath awareness. The practice includes elements of meditation and pranayama (breath control). Feel the strengthening warmth radiate through your body as you seamlessly transition from one pose to the next. Embrace the flow and let your breath guide you into a state of revived energy and tranquility.

Yin Yoga

Yin yoga is a slow paced style of yoga that focuses on deep stretching, relaxation and meditated mind. In Yin yoga poses are typically held for an extended period of time. This longer duration allows for a gentle and gradual opening of connective tissues, such as ligaments, tendons and fascia, as well as an opportunity to release tension and cultivate a sense of deep relaxation and inner bliss. Immerse yourself in the restorative practice of Yin yoga to cultivate deep connection with your inner subtle body. Allow yourself to let go of everything that is not you and experience a new sense of rejuvenation that this practice brings.

Nidra Yoga

Nidra yoga is a form of guided meditation that includes deep relaxation and helps in achieving a state of conscious deep sleep, known as “yogi sleep” where one remains conscious and aware while the body and mind are deeply relaxed. It typically includes a body scan, breath awareness, visualization and sankalpa (positive affirmations). It helps in reducing anxiety and insomnia, as well as improving focus, concentration and overall well-being. It is a powerful tool for self exploration and personal growth. Relax effortlessly into a state of conscious deep sleep, allowing your body and mind to rejuvenate and restore. Connect with the powerful healing energy that unfolds within you.

Pilates

Embark on a journey of wellness and energy with Pilates on the stunning island of Corfu! Join us at our serene hotel where expert instructors will tailor personalized Pilates programs just for you. Rejuvenate your body and soul, luxuriating in ultimate relaxation and well-being amidst an ambiance that refreshes your senses.

Functional Training

Inspired by Corfu's natural beauty, our Functional Training in paradise blends landscape aesthetics with the power of exercise. Unite body and mind in an exceptional training experience, enjoying workouts tailored to your needs and goals, under the guidance of specialized trainers.

Spinning Class

Experience the thrill of Spinning amidst the breathtaking scenery of Corfu at our hotel. Our Spinning classes offer a dynamic blend of exhilarating workouts and scenic views, led by expert instructors. Join us for an invigorating session that will energize your body and refresh your mind, all within the comfort of our luxurious hotel.

