

TRAINING DESCRIPTIONS

SUNRISE YOGA

Sunrise Yoga is a gentle morning practice that invites you to awaken body and mind with the rising sun. Set against the peaceful Santorini horizon, this session promotes presence, balance, and natural energy to start the day.

MORNING YOGA FLOW

This energizing yoga flow awakens the body through fluid movement and mindful breath. Designed to uplift your mood and enhance flexibility, it sets a positive tone and revitalizing rhythm for the day ahead.

STRETCHING & CORE

Stretching & Core combines deep, targeted stretches with focused core work to enhance posture, mobility, and strength. This balanced practice helps release tension while building a solid foundation of stability.

PILATES

Pilates is a low-impact, precision-based practice that strengthens the core, tones the body, and refines alignment. With mindful control and breath, this session cultivates strength, flexibility, and inner focus.

FUNCTIONAL TRAINING

This dynamic, full-body practice develops strength, endurance, and coordination using bodyweight and props. Through natural, functional movements, it builds resilience, balance, and overall physical capability.

BOOTY & ABS

Booty & Abs is a targeted sculpting session focused on toning the glutes and abdominal muscles. With energizing, rhythmic movements, this class strengthens key areas while boosting stamina and confidence.

SUNSET YOGA & MEDITATION

Sunset Yoga & Meditation is a grounding practice that blends gentle yoga with guided meditation. Framed by the golden Santorini sky, it encourages deep release, inner peace, and quiet reflection to close the day.



Domes Novos Santorini

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