

TRAINING DESCRIPTIONS

YOGA

Yoga is an ancient and complex practice, rooted in Indian philosophy, using postures and conscious breathing in combination with mental focus. It helps to improve general wellness by relieving stress, supporting good health habits, and improving mental/emotional health, sleep, strength and balance.

VINYASA YOGA

Vinyasa yoga is a dynamic practice where we flow through a sequence of varied yoga poses, linked together by breath. In this practice, we focus on synchronizing movement with breath to promote mental clarity and physical strength.

HATHA YOGA

Hatha yoga is a slow and static practice, perfect for beginners or those seeking a gentler activity to strengthen the body and reduce stress. It provides a calm, mindful approach to yoga that promotes balance and relaxation.

POWER YOGA

Power yoga is an energetic, vinyasa-style practice focused on building strength, endurance, and flexibility, while also alleviating stress. This invigorating practice challenges both the body and mind, leaving you feeling energized and centered.

FULL BODY STRETCH FLEXIBILITY

This full-body stretch and flexibility practice focuses on increasing joint flexibility through various yoga postures. It helps maintain proper muscle function and enhances the range of motion, promoting overall flexibility and mobility.

FLOW DEEP STRETCHING

Deep Stretching Flow is a practice centered on opening multiple lines of muscular and connective tissue. This flow helps increase mobility, flexibility, and overall body awareness, promoting deeper relaxation and a greater range of motion.

KIDS YOGA

Kids yoga is a fun and engaging practice designed specifically for children. It helps with attention, focus, physical development, and cognitive and social skills. Through playful games and creative pose names, children enjoy yoga while developing essential life skills.



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H2DOMES

H2DOMES combines cardio and strength exercises both in and out of the water, such as in a swimming pool. By using body weight, additional weights, and the natural resistance of water, this high-intensity interval training (HIIT) workout offers a challenging and effective way to boost strength, endurance, and overall fitness.

PILATES

Joseph Pilates said that the inspiration for his method came to him during World War I. Pilates class focuses on strength, stability, posture, proper breath control and flexibility. Each class will work to balance all muscle groups with strength and flexibility, with an emphasis on challenging the core muscles with each movement.

FUNCTIONAL TRAINING

Functional training is a type of exercise that resembles movements you make in your daily life. It can be helpful for athletic performance, injury prevention, and other everyday fitness tasks.

STRENGTH AND CONDITIONING

The most effective way to define and sculpt your body. Includes, Emoms, Amraps, interval training on the cardio machines and equipment. For the maximum fat burn and strength training.

FOOTBALL ACADEMY

All kids of Domes of Elounda from 6 to 12 years old meet at the Tennis Court for a Football Match and lots of Fun.



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