

# TRAININGS DESCRIPTIONS



Nestled in the serene landscape of the Greek Islands, Domes presents a unique fitness program, designed to cater to the refined needs of the cosmopolitan explorer. Our bespoke program integrates the natural splendor of Greece with the finest elements of wellness and fitness. Our open-air facilities, with panoramic views of the sea, are perfect for indulging in yoga, pilates, and functional training. Expert instructors draw from the energy of the earth and the surroundings to elevate your workout experience and stimulate your senses. Allow yourself to bask in the warm, soothing Mediterranean climate as you engage in your practice. Our program carefully selects the most opportune times of day for each session, taking into account the benefits of the Greek island environment. You'll find that practicing yoga on the beach, working out in an olive grove, or engaging in functional training with a view of the sea elevates the natural high of your fitness experience. Cultivate inner peace, refine your physical balance, and increase your strength and flexibility on a fitness journey like no other, where you are treated to the finest elements of wellness in the style of Domes resorts.

## FUNCTIONAL TRAINING

Welcome to our Functional Training program, designed to help you achieve optimal fitness and performance through dynamic, full-body workouts. Our personalized sessions aim to challenge you both physically and mentally, using functional movements that mimic everyday activities to enhance your strength, flexibility, and endurance. Our team of experienced trainers will guide you through a variety of exercises utilizing different equipment and body weight, ensuring that you receive a comprehensive workout that targets multiple muscle groups. By incorporating functional training into your fitness regimen, you will notice improvements in your posture, balance, and coordination, allowing you to move with greater ease and efficiency. Our high-energy environment is the ideal place to push yourself to your limits, with the support and motivation of our trainers and peers. Whether you are an athlete looking to enhance your performance or an individual seeking to improve your overall fitness, our Functional Training program will assist you in achieving your goals. Join us for a unique workout experience that will challenge and motivate you to become the best version of yourself.

## YOGA

Join us to experience the benefits of self-care through our yoga classes. Immerse yourself in a world of mindfulness and tranquility as you connect with your inner self, discover inner peace, and cultivate a profound sense of relaxation. Our yoga instructors are highly skilled and enthusiastic about guiding you through the practice, assisting you in achieving your personal goals, and enhancing your overall well-being. Regardless of your level of experience, our classes cater to all levels of proficiency, with modifications and adjustments provided to ensure that you receive the most out of each and every practice. Our serene yoga studio is designed to create a peaceful and harmonious ambiance, allowing you to fully immerse yourself in the practice. With our state-of-the-art equipment and props, we provide you with everything you need to elevate your yoga practice to the next level. Indulge in the ultimate wellness experience and join us for a transformative yoga session that will leave you feeling renewed, rejuvenated, and refreshed.



## PILATES

Welcome to the world of Pilates, where movement and mindfulness merge seamlessly to attain a well-balanced and toned body. Our Pilates sessions offer a distinctive experience that enhances both physical and mental well-being.

Our Pilates instructors take a holistic approach that emphasizes the significance of proper alignment, breathing techniques, and controlled movements. The foundation of Pilates lies in its ability to strengthen the core, enhance posture, and increase flexibility. Our Pilates sessions utilize state-of-the-art equipment and props to challenge you while providing a safe and supportive environment.

Our luxurious setting offers a perfect escape from the daily stresses of life, allowing you to focus solely on yourself. You will leave feeling revitalized, rejuvenated, and prepared to face anything that comes your way.

Join us for a truly unique Pilates session that unites beauty and function to create an unparalleled workout experience.

## AFTERNOON YOGA

Welcome to our customized afternoon yoga session, where we blend the meditative practice of Yoga Nidra with traditional yoga postures to promote deep relaxation and rejuvenation. Our classes aim to help you release physical and mental tension, while also enhancing flexibility, balance, and strength.

Our highly skilled instructors guide you through a series of gentle yoga postures, encouraging you to find a state of calm and inner peace. We incorporate the practice of Yoga Nidra, also known as yogic sleep, to help you enter a deep state of relaxation and promote mental clarity.

Our afternoon yoga session provides the ideal opportunity to take a break from the demands of daily life and reconnect with your mind, body, and spirit. By focusing on your breath and allowing yourself to let go of stress and anxiety, you will leave feeling revitalized and refreshed.

Join us for a unique yoga experience that merges the best of traditional yoga with the restorative benefits of Yoga Nidra. We are excited to guide you on your journey towards deep relaxation and rejuvenation.



DOMES