

Summer Events

In collaboration with le Spiagge del Benessere

Live your wellness experience with our beach events*

JUNE

- Tuesday **13** 9:30 am **NIA Body&emotions**
 Thursday **15** 9:30 am **Stretching and posture**
 Tuesday **20** 9:30 am **Feldenkrais**
 Thursday **22** 9:30 am **Long life exercise**
 Saturday **24** Dawn **Yoga at dawn**
 Tuesday **27** 9:30 am **Yoga flow**
 Thursday **29** 9:30 am **Smove**

JULY

- Martedì **4** 9:30 am **Conscious breathing**
 Giovedì **6** 9:30 am **Qi Gong**
 Martedì **11** 9:30 am **Lymphatic self-massage Vodder**
 Giovedì **13** 9:30 am **NIA Body&emotions**
 Sabato **15** Dawn **Yoga at sunrise**
 Martedì **18** 9:30 am **Feldenkrais**
 Giovedì **20** 9:30 am **Stretching and posture**
 Martedì **25** 9:30 am **Smove**
 Giovedì **27** 9:30 am **Yoga**
 Sabato **29** Dawn **Yoga at dawn**

AUGUST

- Martedì **1** 9:30 am **Stretching and posture**
 Giovedì **3** 9:30 am **Qi Gong**
 Martedì **8** 9:30 am **Yoga**
 Giovedì **10** 9:30 am **Smove**
 Sabato **12** Dawn **Yoga at dawn**
 Mercoledì **16** 9:30 am **Lymphatic self-massage Vodder**
 Giovedì **17** 9:30 am **NIA Body&emotions**
 Martedì **22** 9:30 am **Feldenkreis**
 Giovedì **24** 9:30 am **Yoga flow**
 Martedì **29** 9:30 am **Vietnamese facial reflexology**
 Giovedì **31** 9:30 am **Smove**

EXTRA ACTIVITY: every Wednesday from
 June 21 YOGA IN WATER
 INFO: 3792157861



*in case of bad weather, activities will take place in the hotel