



FULL MOON RITUALS FITNESS & YOGA SCHEDULE

07.00 MORNING HIKE – RECEPTION

08.00 BEACH RUN & TRX – RECEPTION

09.00 VINYASA SCORPIO WORKSHOP (90') - ZENIA

A scorpion is a formidable animal and so is Vrschikasana (known as the scorpion pose). Celebrating the full moon in Scorpio, dive into a workshop that will help you approach this challenging Asana, which combines strength and flexibility, balance and fluidity at the same time.

09.00 YOGA FOR FLEXIBILITY – ARMONIA

09.15 CIRCUIT TRAINING – GYM



18.00 INTENSE SCORPIO FITNESS CHALLENGE – RECEPTION



An interval bodyweight fitness workout with functional movements

17.15 HEALING AERIAL YOGA - ZENIA

A healing approach that will activate and boost our lymphatic system through various reversed poses, including the Scorpion pose with the support and the help of the hammock.

18.00 RESTORATIVE YOGA - ARMONIA

19.15 FULL MOON SOUND HEALING – ARMONIA

Creating healing frequencies using our sound bowls and gong, immerse yourself in these vibrations. The perfect way to release and let go, ready to move towards the new.

IDOR SPA RITUAL:

SOUND HEALING THERAPY

Enter a new dimension, tuning your inner energy, mind and soul with sound therapy. Everything is made up of energy, each particle having its own frequency.

