



THE GOOD LIFE RITUAL

JULY 1st

FITNESS & YOGA SCHEDULE

08.00 - 09.00

STAY FIT WELLNESS DAY CHALLENGE - Raw Deck

Boost your Fitness with a mix of explosive and bodyweight exercises that will activate every muscle group of your body.

08.00 - 09.00

DYNAMIC PILATES - Gym

09.15 - 10.00

PILATES FITBANDS - Gym

09.15 - 10.00

CORE WORKOUT - Raw Deck

09.15 - 10.00

BREATH: THE KEY TO WELLNESS - Zenia Deck

According to studies, breathing properly is what is important for staying young and healthy, even more important than physical activity and a healthy diet. In the yoga tradition, *prana* is a word that stands for both our vital energy and our breath. In this session, we will discover the immense benefits of having a deep, slow, and long breath.

18.00 - 19.00 DYNAMIC PILATES - Raw

18.00 - 19.00 FUNCTIONAL FITNESS - Gym

18.00 - 19.00 GENTLE HATHA - Armonia Deck

19.15 - 20.00 YOGA NIDRA - Armonia Deck

19.15 - 20.00

EVENING STRETCH+MOBILITY - Raw

19.15 - 20.00

CORE PILATES - Gym

IDOR SPA RITUAL:

1. MINOAN BODY TREATMENT

This treatment includes the application of a rich body mask containing a luxurious combination of honey, bee pollen and royal jelly for the renewal regeneration & tightening of the skin.

2. TOUCH OF HONEY FACIAL

Revitalise from within to give your skin a natural & healthy glow.

Improves overall appearance & significantly increases the skin's elasticity.

