

YOGA, PILATES + FITNESS CLASS DESCRIPTIONS

YOGA CLASSES x CHRISTINA

ANIMAL MOVEMENT

DIFFICULTY LEVEL: 4

PAX: MIN 1 - MAX 15

INSTRUCTOR: CHRISTINA

Animal movement is a practice based on primitive movement and imitations of animals. It contributes towards improving strength, developing endurance, dexterity, agility and balance. The coordination of movement combined with speed helps to stimulate the nervous system, while the slow, isometric movements support and strengthen the muscular system.

VOICE WORKSHOP: HEART MEDITATION

DIFFICULTY LEVEL: 1

PAX: MIN 1 - MAX 15

INSTRUCTOR: CHRISTINA

Enter a meditative state through breathwork, explore and listen to each part of the body. Through meditation, turn your attention to the space of the heart to re-establish connection with our essence and the rhythm of life.

BREATHWORK (PRANAYAMA) FOR VITALITY: SUNLIGHT MEDITATION

DIFFICULTY LEVEL: 1

PAX: MIN 1 - MAX 15

INSTRUCTOR: CHRISTINA

Learn basic breathwork techniques for vitality that can be used in everyday life. Through meditation, fill yourself with light and air, care for your inner child and boost your energy levels.

FEEL GOOD YOGA FLOW

DIFFICULTY LEVEL: 2

PAX: MIN 1 - MAX 15

INSTRUCTOR: CHRISTINA

A yoga practice designed to make you feel good. Using a combination of techniques: yoga, animal movement, breathwork and meditation. Flow like water, taking many forms without losing the primal essence and focus.

H.I.I.T YOGA

DIFFICULTY LEVEL: 4

PAX: MIN 1 - MAX 15

INSTRUCTOR: CHRISTINA

A quick but effective practice for immediate body toning. A combination of high intensity, cardio-based flows that will make you sweat, increase your heart rate and sculpt every major muscle group.

AERIAL YOGA

DIFFICULTY LEVEL: 3

PAX: MIN 1 - MAX 8

INSTRUCTOR: CHRISTINA

Enjoy the use of a silk hammock suspended from the ceiling to perform those yoga poses and movements. The purpose of the hammock is to provide support through your yoga flow, while also improving flexibility and range of motion.

AERIAL YOGA FOR BEGINNERS

DIFFICULTY LEVEL: 2

PAX: MIN 1 - MAX 8

INSTRUCTOR: CHRISTINA

Aerial yoga for beginners is a fantastic new experience. This is one of the best ways to learn more about yourself and your body. As you go through the practice, you will feel incredible not only physically but also mentally. This is why it is easy to get hooked after your first class!

SUMMER SOLISTICE FLOW

DIFFICULTY LEVEL: 2

PAX: MIN 1 - MAX 15

INSTRUCTOR: CHRISTINA

Transition into prosperous, abundant times of summer, a time for connection with ourselves and nature. Enjoy sun salutations and a core-focused practice to channel positive energy into the solar plexus.

DETOX + ENERGISE FLOW

DIFFICULTY LEVEL: 3

PAX: MIN 1 - MAX 15

INSTRUCTOR: CHRISTINA

Working with twists to promote internal cleansing and circulation. At the same time, build energy in the body and re-awaken the mind for greater focus.

HATHA YOGA

DIFFICULTY LEVEL: 2

PAX: MIN 1 - MAX 15

INSTRUCTOR: CHRISTINA

Step into your summer light and harness the strength of the sun. Summer is about expansion, allowing yourself to be wild and free. Through slow, elegant movement and a short meditation, embrace your inner summer through the body and mind.

YOGA CLASSES x ANTIGONE

ASHTANGA VINYASA YOGA

DIFFICULTY LEVEL: 5

PAX: MIN 1 - MAX 15

INSTRUCTOR: ANTIGONE

Ashtanga Vinyasa synchronizes breath, postures and drishti (meaning: gaze point) to create a flowing practice that builds internal heat. Ashtanga centers on a vigorous physical practice that includes a fixed series of poses linked together with breath to form a continuous sequence. This practice demands an intense level of physical strength, flexibility, and endurance, which explains why many people view it as particularly rigorous and challenging.

RESTORATIVE YOGA

DIFFICULTY LEVEL: 1

PAX: MIN 1 - MAX 15

INSTRUCTOR: ANTIGONE

Restorative is a therapeutic form of yoga using props to support the body. The goal is to completely relax into poses that are held for at least five minutes but often longer. By using passive poses, this type of yoga lets the nervous systems (sympathetic and parasympathetic) shift and relax.

RESTORATIVE YOGA & SOUND THERAPY

DIFFICULTY LEVEL: 1

PAX: MIN 1 - MAX 15

INSTRUCTOR: ANTIGONE

A soft practice that combines restorative yoga and sound therapy techniques. A perfect way to deeply relax both the body and mind.

BREATH WORK & MEDITATION

DIFFICULTY LEVEL: 1

PAX: MIN 1 - MAX 15

INSTRUCTOR: ANTIGONE

Meditation is a practice that uses a technique (focusing the mind on a particular object, thought, or activity) to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. Breathing techniques prepare the mind and the body for the meditation that follows.

VINYASA YOGA

DIFFICULTY LEVEL: 4

PAX: MIN 1 - MAX 15

INSTRUCTOR: ANTIGONE

Vinyasa means "to place in a special way", in this case, yoga postures. It is a creative form of yoga where poses are linked together with the breath in a flowing sequence. The beauty of Vinyasa yoga is the variety. There is no standard sequence so the style, pace and intensity will all vary in each lesson.

VINYASA YOGA + MEDITATION

DIFFICULTY LEVEL: 4

PAX: MIN 1 - MAX 15

INSTRUCTOR: ANTIGONE

A practice that combines the dynamic sequence of Vinyasa yoga with the calming benefits of meditation.

PRANAYAMA

DIFFICULTY LEVEL: 1

PAX: MIN 1 - MAX 15

INSTRUCTOR: ANTIGONE

The importance of breathing has been clear to various cultures and societies for thousands of years. The Hindu yogic traditional Pranayama, is responsible for developing some of the earliest breathing exercises. Pranayama is a Sanskrit word for 'breath control' or 'control over prana', prana means a life force that can be harnessed by the breath. It focuses on conscious breathing, with awareness and intent.

YIN YOGA

DIFFICULTY LEVEL: 1

PAX: MIN 1 - MAX 15

INSTRUCTOR: ANTIGONE

Yin yoga is a slower style of yoga in which poses are held for a minute and eventually up to five minutes or more. It is a type of yoga with roots in martial arts as well as yoga, and it's designed to increase circulation in the joints and improve flexibility.

YIN YANG YOGA

DIFFICULTY LEVEL: 3

PAX: MIN 1 - MAX 15

INSTRUCTOR: ANTIGONE

Yin and Yang are the Taoist concepts which describe the two relative qualities present in everything. Yin is more internal, passive, cooling and downward; this is why the Chinese character used includes the concept of the "moon" (阴). Yang is more external, dynamic, warming and upward and the Chinese character representing this concept includes the "sun" (阳). When these terms are applied in yoga, they usually refer to a practice that balances the two qualities: the first half of the class includes asanas that build muscular strength and stamina, while the second poses that are passive and stretch the body deeply.

YOGA NIDRA

DIFFICULTY LEVEL: 1

PAX: MIN 1 - MAX 15

INSTRUCTOR: ANTIGONE

Yoga nidra or yogic sleep is a state of consciousness between waking and sleeping in which the body is completely relaxed. The practitioner becomes systematically and increasingly aware of the inner world by following a set of verbal instructions while lying down in a supine position. By calming the nervous system, this practice deeply benefits the brain and body.

MORNING YOGA FLOW

DIFFICULTY LEVEL: 3

PAX: MIN 1 - MAX 15

INSTRUCTOR: ANTIGONE

Animals stretch when waking up after a deep sleep, so how are we different? A morning yoga flow will boost your immune system and keep you energised throughout your day.

PRE/POST NATAL YOGA

DIFFICULTY LEVEL: 2

PAX: MIN 1 - MAX 15

INSTRUCTOR: ANTIGONE

Pregnancy is probably the most intense and fascinating period in the life of a woman. Yoga can be a great tool to support the physical, mental and emotional changes that take place during pregnancy. It is an ideal tool to prepare your body, your mind and your breath for the big day.

HATHA YOGA ALL LEVELS

DIFFICULTY LEVEL: 3

PAX: MIN 1 - MAX 15

INSTRUCTOR: ANTIGONE

Hatha yoga derives its name from the Sanskrit words for sun and moon, it's designed to balance opposing forces. During a class, you can expect to hold each pose for between 5 to 10 breaths, with a strong focus on stability and building strength. Suitable for beginners and experienced practitioners alike.

SOUND THERAPY

DIFFICULTY LEVEL: 1

PAX: MIN 1 - MAX 15

INSTRUCTOR: ANTIGONE

From the moment we are in the mother's womb we feel vibration, we can sense both our inner world as well as the outer environment. Sound is powerful: it stirs our emotions and heals our wounds. The use of bowls and gongs in meditative practices impacts our nervous system deeply, helping our body and mind to relax and rejuvenate.

PILATES CLASSES x VARVARA

***PILATES REFORMER**

(25€/PERSON)

DIFFICULTY LEVEL: 2

PAX: MIN 1 - MAX 6

INSTRUCTOR: VARVARA

Focus on form, alignment and breath while you stretch and strengthen your entire body using spring resistance. You won't believe how great a workout can feel!

***PILATES REFORMER FLOW**

(25€/PERSON)

DIFFICULTY LEVEL: 3

PAX: MIN 1 - MAX 6

INSTRUCTOR: VARVARA

This is a dynamic and fun class. Flowing exercises together and connecting movement with breath. This class will challenge you to maintain stability, balance and breath as you move energetically from one exercise to the next, while changing tempo & range of motion.

PILATES MAT FOUNDATION

DIFFICULTY LEVEL: 2

PAX: MIN 1 - MAX 14

INSTRUCTOR: VARVARA

Pilates Mat is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Similar to Yoga, Pilates concentrates on posture, balance and flexibility.

CORE PILATES

DIFFICULTY LEVEL: 2

PAX: MIN 1 - MAX 14

INSTRUCTOR: VARVARA

This class activates the core muscles in the body that are part of the powerhouse set, developing strength and balance.

PILATES BALANCE

DIFFICULTY LEVEL: 3

PAX: MIN 1 - MAX 14

INSTRUCTOR: VARVARA

Pilates Balance is a series of pilates and pilates-like exercises that are done while standing rather than on the floor or on a mat. Become more flexible and improve your balance and form.

PILATES PROPS FUSION

DIFFICULTY LEVEL: 2

PAX: MIN 1 - MAX 14

INSTRUCTOR: VARVARA

Pilates Fusion incorporates exercises from different workout styles to give a modern twist to Mat Pilates. Similar to Mat Pilates, this style has a deep focus on the core and emphasizes moves that will tone, stretch, and elongate muscles.

RESISTANCE BANDS PILATES

DIFFICULTY LEVEL: 2

PAX: MIN 1 - MAX 14

INSTRUCTOR: VARVARA

Offering a full range of motion, Pilates movements for upper and lower body using resistance bands help to improve your mobility, flexibility and strength.

DYNAMIC PILATES

DIFFICULTY LEVEL: 3

PAX: MIN 1 - MAX 14

INSTRUCTOR: VARVARA

Dynamic Pilates is designed to address the body's natural balance through a series of exact, controlled movements. A mix of Pilates movements and Fitness exercises.

FITNESS CLASSES x STAMOS

FITBALL COMBO

DIFFICULTY LEVEL: 3

PAX: MIN 1 - MAX 14

INSTRUCTOR: STAMOS

Fitballs help strengthen the muscles in your abdomen and back, improve core stability and balance. This workout will help you reduce stiffness, lessen fatigue, and improve strength in the muscles of upper and lower body.

TRX TOTAL BODY

DIFFICULTY LEVEL: 4

PAX: MIN 1 - MAX 8

INSTRUCTOR: STAMOS

TRX which stands for Total Body Resistance Exercise, is a revolutionary workout method that uses your body weight and gravity as resistance to build strength, balance, coordination, flexibility, core and joint stability.

ABS + LEGS

DIFFICULTY LEVEL: 2

PAX: MIN 1 - MAX 10

INSTRUCTOR: STAMOS

This class focuses on working abs and legs and includes cardio exercises to burn calories whilst developing strength. You'll be alternating between a range of lunges, squats and crunches. Each different exercise will focus on targeted muscles for a balanced workout.

H.I.I.T. (HIGH INTENSITY INTERVAL TRAINING)

DIFFICULTY LEVEL: 4

PAX: MIN 1 - MAX 10

INSTRUCTOR: STAMOS

H.I.I.T. is a training system that combines High Intensity Interval Training, muscle toning, and cardio. This 60 minute class burns fat and creates long, lean muscles, with rapid results. It strengthens your core, improves circulation, and increases flexibility.

STRETCH + FLEX

DIFFICULTY LEVEL: 1

PAX: MIN 1 - MAX 14

INSTRUCTOR: STAMOS

Stretch & Flex is an activity involving stretching and resistance band exercises to warm up muscles, improve flexibility and help prevent soft-tissue injuries.

EVENING STRETCH + MOBILITY

DIFFICULTY LEVEL: 2

PAX: MIN 1 - MAX 14

INSTRUCTOR: STAMOS

Relax your muscles, improve flexibility and joint mobility through stretching movements for the upper and lower body.

FUNCTIONAL FITNESS

DIFFICULTY LEVEL: 3

PAX: MIN 1 - MAX 10

INSTRUCTOR: STAMOS

Improve strength and balance. The exercises in this session are designed to help you train and prepare your body for daily tasks by simulating common movements and muscles that are used every day at home, work or during sports. Best for: overall strength, coordination and balance.

CIRCUIT TRAINING

DIFFICULTY LEVEL: 4

PAX: MIN 1 - MAX 10

INSTRUCTOR: STAMOS

Circuit training is a fast-paced class in which you do one exercise for 60 seconds and then move on to another exercise. This will give attention to all major postural muscles and trigger a 'tabata' like effect, activating both fast and slow twitch muscle fibers.

TRAIL RUN

DIFFICULTY LEVEL: 4

PAX: MIN 1 - MAX UNLIMITED

INSTRUCTOR: STAMOS

Trail running is simply defined as going for a run in the heart of nature. Fill your body with pure oxygen and improve your cardiovascular capacity whilst taking in the unlimited view of the Ionian Sea.

MORNING VILLAGE RUN

DIFFICULTY LEVEL: 3

PAX: MIN 1 - MAX UNLIMITED

INSTRUCTOR: STAMOS

A 60' morning run in the village of Lourdata. Burn calories, increase your fitness level whilst exploring the local village Lourdata from side to side.

KETTLEBELL WORKOUT

DIFFICULTY LEVEL: 4

PAX: MIN 1 - MAX 10

INSTRUCTOR: STAMOS

Kettlebell exercises target both strength training and cardiovascular fitness. Explosive movements are combined for an amazing, intense workout. Let's sweat!

BEACH CROSS TRAINING

DIFFICULTY LEVEL: 3

PAX: MIN 1 - MAX 10

INSTRUCTOR: STAMOS

Cross training is essentially combining different types of exercises in your routine to achieve a more rounded set of skills that the body can call on when needed. In this class we combine fitness and running exercises in an interval fashion for a unique workout experience in front of Lourdas Beach.

DIFFICULTY LEVEL IS 1 – 5

*CLASS IS AT AN ADDITIONAL CHARGE