

Proposte Benessere nella nostra SPA Wellness Activities in our SPA

Lunedì 15:00 - 15:50 | Monday 3:00 - 3:50 pm

Hatha Yoga

Martedì 8:30 - 09:20 | Tuesday 8:30 - 9:20 am

Yoga-stretching dei meridiani

Meridian Yoga-Stretching

Mercoledì 15:00 - 15:50 | Wednesday 3:00 - 3:50 pm

Hatha Yoga

Mercoledì 18:00 - 18:20 | Wednesday 6:00 - 6:20 pm

Rituale Aufguss (gettate di vapore) in sauna finlandese

Aufguss Ritual (steam jets) in the Finnish sauna

Giovedì 15:00/15:30 | Thursday 3:00/3:30pm

Sauna mental-detox: campane tibetane oli essenziali (5 posti disponibili)

Mental-detox sauna with Tibetan bowls and essential oils (5 spots available)

Venerdì 8:30 - 9:20 | Friday 8:30 - 9:20 am

Yoga-stretching dei meridiani

Meridian Yoga-Stretching

Venerdì 15:00 - 15:50 | Friday 3:00 - 3:50 pm

Hatha Yoga

Sabato 15:00/15:30 | Saturday 3:00/3:30 pm

Aufguss con Stretching in Bio Sauna (5 posti disponibili)

Aufguss & Stretching in the Bio Sauna (5 spots available)

Domenica 18:00 - 18:20 | Sunday 6:00 - 6:20 pm

Rituale Aufguss (gettate di vapore) in sauna finlandese

Aufguss Ritual (steam jets) in the Finnish sauna