

Our MOVE program in winter

All our activities in the weekly programme are very popular and have a limited number of participants.

To guarantee your place, we recommend that you register in advance at the Spa Reception.

	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
09:00		Grounding Basic Yoga 50 minutes		Vinyasa Morning Flow 50 minutes	Magic Morning Yoga 50 minutes
13:00	Moving Mountains Workout 30 minutes		Moving Mountains Workout 30 minutes		
18:00	Gentle Yoga 60 minutes	Ying Yang Yoga 50 minutes		Gentle Yoga 60 minutes	

For activities that follow our Moving Mountains philosophy, look for the following symbol:

