

OUR SPORTS PROGRAMME IN SUMMER

All our activities are very popular and have a limited number of participants, which is why we recommend an early registration. Subject to change.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08.00 - 09.00				Yoga Routine	Morning Yoga Flow	Morning Yoga Flow	Yoga Routine
17.00 - 18.00			Sunset Yoga Flow	Balance Yoga Flow	Sunset Yoga Flow	Balance Yoga Flow	

VALSANA

OUR SPORTS PROGRAMME IN SUMMER

Morning Yoga Flow

This morning yoga class will get your body moving and your energy flowing! Dynamic movements gently wake you up and mobilise your body. A firm stance, upright posture and gentle yourself - all in a flow.

Yoga Routine

Discover new habits. Yoga routines such as the sun or moon salutation allow us to bring the body into a healthy balance. Practised in the practised in the morning, yoga boosts your energy and gently awakens your body's dormant powers. Movements and breathing exercises help you to do this. Stamina, strength and flexibility are addressed in equal measure.

Balance Yoga Flow

Balancing movements in harmony with the breath to bring the whole body into its natural balance. Slow and meditative yoga practice combined with deep breathing and meditation, using elements of yoga asana to stretch and strengthen the body in equal measure. and strengthen the body in equal measure.

Sunset Yoga Flow

Flowing, harmonising movements for the whole body. Combined in a calm and relaxing yoga flow connected by the rhythm of the breath. Harmonising body, mind and soul is the aim of every yoga practice and so this flow can this flow can also contribute to your holistic well-being.