

Extra Personal Sessions

Breathing exercises and Priming Ritual Technique:

Pranayama: We learn different types of breathing exercises that clear the physical and emotional obstacles in our body, free the breath and allow the life energy to flow in our system. We can charge our whole body and strengthen our respiratory organs.

Priming Ritual Technique:

Let's master our emotions and control our reactions so that we can live life in a peak state! Using the breath, feeling gratitude, visualizing and focusing on our goals, we train ourselves to success and fulfillment and it definitely gives a powerful tone for our day!

E.F.T. Therapy session (Emotional Freedom Technique)

Emotional Freedom Technique is an alternative treatment for physical pain and emotional distress. By tapping the meridian points of the body, we relieve symptoms of negative experience or emotions.

Healing Code Therapy Session

The healing code is a life changing therapy program that uses energy medicine to heal mental and physical challenges. Using the Healing Code, you can recover from the issues you know about and repair the ones you don't.

It can treat physical, emotional, relational problems and enables breakthroughs in success and wellbeing.

Couple bonding therapy session

This time is dedicated to enhance the quality of relationships, deepen the bond between the couples and awaken the love, admiration and the effective communication.

By doing partner yoga poses, written exercises, breath work, positive visualization and more, the couple shares feelings and build on trust and appreciation.

Cognitive Behavioral Clinical Hypnotherapy (One to One)

This treatment combined with hypnosis is designed to help you manage your problems by changing the way you think and behave. The hypnosis element helps you to embed the positive changes in a deeper level.

Freeze Frame technique session

This is a technique that allows a major shift in perception. It strengthens the parasympathetic nervous system by activating neurons in the heart. This creates a heart brain coherence that creates positive emotional states.

Healing circle (group)

It's an opportunity to enhance the connection with ourselves, build the trust with the others and awaken our esoteric spirit.

Through different kinds of interactive approaches with the group we can free from anything that is blocking us, from unpleasant emotions or just release negative energy both physically and emotionally!



ASANA
fitness club



MEET OUR TRAINER

Theo, Fitness Trainer

cross Training

An exercise regimen consisting of various types of exercises to reach your fitness goals. By varying your daily cardio exercises and incorporating strength training in your running / walking weekly routine, Cross -Training can help improve overall performance, prevent injury and help you stick to your program!

According to your fitness level you can choose either the "Beginners" or the "Advanced" class.

Trainer's Tip

Your body needs adequate energy if you're going to get through a HIIT workout at peak intensity. Make sure you are having a nutritious breakfast 1,5- 2 hours prior to the Cross-Training class.



MEET OUR TRAINER

Sofia , Yoga Trainer

yoga

Experience the essence of yoga at our Asana Shala. Dive into daily classes centered on the foundational elements of the asana practice, each themed to unveil diverse yogic tools for body exploration. Whether standalone or paired with morning or sunset yoga, these sessions offer a complete experience.

Trainer's Tip

Start your practice with a clear mind and a hydrated body. Skip the coffee and opt for water instead. It's the first step to a more mindful practice.



MONDAY

11.00 -12.00 Cross Training Level 1
12.15 -13.15 Cross Training Level 2

TUESDAY

11.00 -12.00 Cross Training Level 1
12.15 -13.15 Cross Training Level 2

WEDNESDAY

11.00 -12.00 Cross Training Level 1
12.15 -13.15 Cross Training Level 2

THURSDAY

11.00 -12.00 Cross Training Level 1
12.15 -13.15 Cross Training Level 2

FRIDAY

11.00 -12.00 Cross Training Level 1
12.15 -13.15 Cross Training Level 2

SATURDAY

11.00 -12.00 Cross Training Level 1
12.15 -13.15 Cross Training Level 2

MONDAY

09.00 -10.00 Hatha Therapy Yoga
10.15 -11.15 Vinyasa Yoga
11.30 -12.30 Yin Yoga

TUESDAY

09.00 -10.00 Detox Yoga
10.15 -11.15 Hatha Therapy Yoga
11.30 -12.30 Yin Yoga

WEDNESDAY

16.00-17.00 Detox Yoga
17.15 - 18.15 Yin Yoga
18.30 -19.30 Yoga Nidra
Deep relaxation

THURSDAY

09.00-10.00 Detox Yoga
10.15 - 11.15 Hatha Therapy Yoga
11.30 -12.30 Yoga Nidra
Deep relaxation

FRIDAY

16.00-17.00 Vinyasa Yoga
17.15 - 18.15 Hatha Therapy Yoga
18.30 -19.30 Yoga Nidra
Deep relaxation

SUNDAY

08.00 -09.00 Hatha Therapy Yoga
09.15 -10.15 Vinyasa Yoga
10.30 -11.30 Yoga Nidra
Deep relaxation

♥ For private sessions please contact the front office or the trainer.

♥ Asana Fitness Club is operating from 07.00 am to 10.00 pm.

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