



Weekly Wellness Activities

	9:00	11:15
MONDAY	Abs and Glutes (SSS)	*Stretching/ Foam Rolling (SSS)
TUESDAY	Hatha Yoga (SSS)	*Facial Yoga (SSS)
WEDNESDAY	Vinyasa Yoga (EM)	*Pilates Fascia Flow (SSS)
THURSDAY	Pilates/ Mat flow (EM)	Sound Healing (comp) SSS
FRIDAY	Chi Yoga (SSS)	*Breath and Mindfulness (SSS)
SATURDAY	Pilates Strength (SSS)	*Sound Healing- A journey through the chakras (SSS)
SUNDAY	Balance and Meditation (SSS)	*Pilates Spine Health (SSS)

Notes:

Wellness services with *are paid €20/Per adult. The rest of the sessions are complimentary

Maximum participation: 10 people, for Sound Healing 6 people.

Class Duration: 45 minutes

Pre bookings should be done via spa front desk or hotel reception.

Meeting point:

Elounda Mare (EM): At the swimming pool of Elounda Mare. Yoga sessions will be taking place at a grass terrace with wonderful views of the Mirabello Bay.

Six Senses Spa (SSS): reception area for sign in

Six Senses Spa at porto elounda

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