

YOGA & AYURVEDA

PHYSICAL · MENTAL · SPIRITUAL HEALTH

PERSONAL AND GROUP SESSIONS ON REQUEST:

YOGA

Your own yoga program for health and well-being

- Hatha Yoga and short relaxation 60 min: 60€
- Hatha Yoga, meditation and full relaxation 90 min (Yoga Nidra): 90€

AYURVEDA: 80€

"Earth, water, fire, air and ether"...

Find the main element inside you, according to Hippocrates and Ayurveda 's knowledge and create your own revitalization program (with yoga sessions, spa treatments, nutrition program). Ayurveda means "The Science of Life". It is the ancient knowledge that helps people adopt a harmonious way of life.



Ayurvedic Consultant and Yoga Instructor:

Elli Karamoschou Medical Biochemist, Homeopath and experienced Yoga Instructor, trained in Satyananda system, combines ancient yoga and Ayurveda teachings with a modern scientific way of thinking.



For further information and appointments, please contact us at:

- Thalaspia Chenot 10am – 6pm, direct number 6750
- Concierge 10am – 11pm, direct number 6743