

Program Flow



This program is an invitation to reconnect with movement, breath, and presence.

It offers an immersive yoga experience to restore fluidity, inner strength, and mental clarity. With a steady yet structured rhythm, it helps release tension, strengthen the body, and calm the mind. Accessible to all, it creates space to realign deeply, in a calm and inspiring environment.

A committed pause to awaken energy from within.

Benefits

Nervous system relaxation
Release of physical and mental tension
Reconnection with the body and breath
Progressive and full-body strengthening
Improved flexibility, posture and balance

Activities

- 4 varied yoga sessions per day
 - Body awakening
 - Dynamic flow
 - Stretching

Treatments

- Hydrotherapy circuit
- Relaxing massage – Deep Tissue
- Facial treatment & head massage

