

Program Pulse



Designed to bring the body back into motion in a conscious, stable, and dynamic way.

This program invites you, through regular Pilates practice, to regain strength, posture, and fluidity while working on mobility and grounding. Each day becomes a space for physical exploration — to tone deeply, release tension, and awaken vital energy. Accessible to all, in a structured environment that helps strengthen foundations, refine body awareness, and restore lasting vitality.

Benefits

Increased mobility and fluidity
Improved posture and stability
Physical and mental recentring
Body awareness and coordination
Release of tension and tight areas
Deep and balanced muscular strengthening

Activities

- 3 Pilates sessions per day
 - Mat Pilates
 - Mobility
 - Stretching
- Morning and evening yoga sessions

Treatments

- Hydrotherapy circuit
- Hot stone massage
- Facial treatment & head massage

