



Yoga

Unify, Awaken and Rejuvenate

Pranayama, Asana, Meditation Hatha yoga, the yoga of strength, is one of the oldest and greatest expressions of the yoga discipline that unifies the body and spirit through ancient breathing techniques and positions. With breath (pranayama), and specific positions (asana) we explore the tensions and resistances of our body and mind without judging. A quiet mind and relaxed body are the doors to a state of general calm and tranquility: experience a moment of personal and meditative care in this 60 minute class. Suitable for all levels.

Private Yoga Class

60 minutes 1 pax € 90 | 2 pax € 150 | 3 or 4 pax € 190 | 5 to 10 €55 per person

Instructor: Elena Giovannini

Open Yoga Class

60 minutes € 40 per person Every Tuesday and Friday through October 31: 10am - 11am

Instructor: Elena Giovannini

Qi Gong

Well-being, harmony and self-awareness

The ancient practice of Qi Gong combines movement, breathing, stretching, and meditation to enhance the body's natural energy flow and calm the mind. This instructor-led class gently guides you through a series of movements that enhance wellbeing while balancing mind, body and breath.

Private Qi Gong Class

60 minutes 1 pax €90| 2 pax € 150| 3 or 4 pax € 190| 5 to 10 €55 per person

Instructor: Roberto Fagnani

Email spa@monteverdituscany.com to reserve your place.