



Be Taken to Nirvana

A holistic and tailored approach to wellbeing, promoting a lifestyle of balance, harmony and beauty.

Private Yoga Class

Unify

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.

Experience a moment of personal and meditative care in this 60 minute class. Suitable for all levels.

60 minutes

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

Instructor: Elena Giovannini

Open Yoga Classes

Awaken

Pranayama and body awareness: power yoga/ animal flow and dynamic meditation

Awaken the body and mind with a dynamic practice rooted in fundamental yoga poses. This 60 minute class focuses on training, movement and conscious breathing for those in search of balance, strength and mobility. Suitable for all levels.

Advance booking required.

June 24th - July 30th

Tuesday: 9am – 10am / €40

Rejuvenate

Pranayama, vinyasa flow & free movement and chakra meditation

A regenerating practice; a breath of fresh air for the mind. Dedicated to those who want to immerse themselves in an hour of slow and conscious movement, rediscovering the freedom and control of their body.

Suitable for all levels.

Advance booking required.

June 24th - July 30th

Friday: 9am - 10am / €40

Instructors: Magda Cislianu and Jacopo Menchetti

To reserve your spot please contact the Spa or Concierge team:
spa@monteverdituscany.com | concierge@monteverdituscany.com