



**NAMASTE
YOGA AT
MYKONOS THEOXENIA BOUTIQUE HOTEL**

**LET TO BE YOUR YOGA
SANCTUARY FOR THE BALANCE AND HARMONY
OF YOUR BODY, MIND, AND SOUL**



Sunset Yoga @Mykonos Theoxenia Boutique Hotel

At Mykonos Theoxenia Boutique Hotel, in a place where the sky meets the sea and the sea gets color from the sky during the sunset, we invite you to live a magical and unforgettable experience: the **Sunset Yoga session!**

Relax, breathe and flow into the island's sacred and revitalizing energy.

Our class is based on **Hatha Yoga and Pilates exercises** which are specially shaped for all ages. Therefore, Yoga lovers of all levels are encouraged to attend and lend their positive energy to the practice.

Sunset Yoga will give the Yoga lovers an opportunity to experience their practice from the most unique vantage point Mykonos has to offer.

Discover Sunset Yoga as part of your Mykonos experience.

The flow will last through sunset and ends with a moment of rest exactly on the sunset.

Following Savasana, guests will enjoy their organic herbal tea in the spacious open-air bar of Mykonos Theoxenia Boutique Hotel.

Class will begin promptly at 19:00 pm and the flow will last approximately one hour.



Awakening Yoga @Mykonos Theoxenia Boutique Hotel

Good Morning Mykonos!

Wake up, breathe and flow into the island's sacred and revitalizing energy.

The stunning views will enrich and enlighten everyone who partakes in it.

This is a YOGA morning program which provides a total awakening to mind, body and soul through a combination of Exercise, Meditation and Music.

Our class is based on **Hatha Yoga and Pilates exercises** which are specially shaped for all ages.

Awakening Yoga will give the Yoga lovers an opportunity to experience their practice from the most unique vantage point Mykonos has to offer.

Discover Awakening Yoga as part of your Mykonos experience.

Following Savasana, guests will enjoy their organic herbal tea in the spacious open-air bar of Mykonos Theoxenia Boutique Hotel.

Class will begin promptly at 08.30 am and the flow will last approximately one hour.

RESERVATION

Contact us for reservation at the Reception of Mykonos Theoxenia Boutique Hotel at 22890 22230 Ext 30 or 6936667112 or send us an email at info@spayachtservices.com

The 40 euro per person Yoga class fee includes:

One hour Yoga Lesson, a mat, a towel and complimentary an organic herbal tea following the practice. Advance payment is required (minimum participants 3 pax).

EXTRA SERVICES

Transfer: A transfer may be arranged for you upon request (10 euro per person per way).

Private Lesson: You may book the whole venue for a private experience.

Contact us for more info at info@spayachtservices.com