

SKIATHOS RETREAT DETOXIFICATION 8-13 MAY 2015

SESSIONS AND DEFINITIONS

Hatha Yoga Flow

Hatha yoga exercises , sun salutations and breathing exercises ,opening the chakras

Nutrition speeches

“How to detox our life with proper cooking”, “Choose food for cancer prevention”, “Less calories in cooking recepies”.

Aqua aerobic in the pool

Aqua workout in the water / exercises for upper body and stretching in the water.

Cross training

Power and full of energy workout for extended calories loss with bodyweight and light equipment.

Pilates and Stretching

Core exercises with alignment and correction of bodie’s asymmetries,focus, control and flow.

Energy Yoga

Sun Salutation and asanas for strengthening and energizing the body and mind.

Running 3-5 km by the sea

Cross training workout by the sea

Dynamic low and high interval workout on the sand and in the water, swimming and aqua exercises in the sea.

Stretching and relaxation

A full body stretching, realignment of the muscles and the fascia , rejuvenation of the body with energizing blood flow and relaxation with mindful techniques through breathing and deep stretches exercises.

Pilates - Dynamic core training

Lean muscles and a strong powerhouse with the exercises of Pilates.

Aqua Tabata

A very famous and powerfull workout in the water, feeling the a whole body training with amazing results.

