

PLANNING OF COMPLIMENTARY WELLBEING ACTIVITIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:15 <i>45 min</i>	HATHA FLOW	VINYASA YOGA	HATHA YOGA	MAT PILATES	BODY FLOW	MAT PILATES	VINYASA YOGA
09:15 <i>45 min</i>	MAT PILATES	FLEX & CORE	FUNCTIONAL TRAINING (GYM)	HIIT (GYM)	FUNCTIONAL TRAINING (GYM)	HIIT (GYM)	FLEX & CORE
11:00 <i>60min</i>	PRIVATE COACHING*	PRIVATE COACHING*	PRIVATE COACHING*	PRIVATE COACHING*	PRIVATE COACHING*	PRIVATE COACHING*	PRIVATE COACHING*
17:00 <i>45 min</i>	YIN YOGA	BODY FLOW	VINYASA YOGA	YIN YOGA	HIITMAT PILATES	SOMATIC YOGA	DOSHA COURSE (30 min)
18:00 <i>45 min</i>	SOUND BATH	SOMATIC YOGA	FLEX & CORE	MEDITATION	YOGA NIDRA	SOUND BATH	

Activities available by reservation:
5200 from your room or by email at wellness.bendor@zannier.com.
Subject to availability.

* Private coaching sessions available by reservation.



GLOSSARY (1/2)

Mat Pilates: A precise floor-based method that sculpts the body by strengthening the deep muscles, while promoting graceful posture and perfect alignment.

Méditation: A voice-guided practice that leads you step by step towards a state of calm and presence. Through breathing, visualisation or body relaxation, it facilitates letting go, quiets the mind and allows you to gently reconnect with yourself.

Pelvic Flow: A session dedicated to the pelvis, inspired by yogic philosophy and somatic practices.

Vinyasa: A dynamic sequence of postures, where breath and movement unite to create an experience that is both energising and restorative.

Yin Yoga: A gentle practice where postures are held for several minutes to release deep tension, soften the tissues and calm the nervous system.

Nidra Yoga: The "sleep meditation", a guided relaxation inviting a journey between wakefulness and sleep, conducive to complete regeneration of body and mind.

Somatic Yoga: A gentle session combining yoga, breathwork and body-based practices to release deep tension and soothe the nervous system.

Breathwork: Open to all, this shared moment invites you to release tension, calm the mind, and reconnect with a sense of inner space. Guided by the energy of the place and the rhythm of the group, the breath becomes both an intimate and collective experience. This format offers an ideal introduction to the practice, with the option to explore it more deeply in a private session.



GLOSSARY (2/2)

Sound Bath: An immersive experience where the vibrations of instruments such as singing bowls, gongs or chimes envelop the body and mind. These sounds promote deep relaxation, mental release and energetic harmonisation.

Body Flow: Stretching and mobility to gently awaken the body.

Feminine Flow: An intuitive session inspired by yin yoga, very gentle and slow, inviting you to reconnect with your body.

Flex and Core : Targeted work on joint mobility, flexibility and core strengthening.

Functional Training : Bodyweight and/or light weights workout – strength and cardio, moderate intensity.

Hatha Flow : A more fluid approach to Hatha Yoga, where postures flow continuously in rhythm with the breath. This practice brings both relaxation and energy, while improving coordination, mobility and overall well-being.

Hatha Yoga : The traditional form of yoga, combining breathing exercises (Pranayama) and a sequence of postures (Asanas) to strengthen the body while developing flexibility and balance.

HIIT : A workout alternating high-intensity exercises with short recovery periods.

