

## PLANNING OF COMPLIMENTARY WELLBEING ACTIVITIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>9:00</b> 45 min	MAT PILATES*	VINYASA YOGA	HATHA YOGA	MAT PILATES*	BODY FLOW*	MAT PILATES*	VINYASA YOGA
<b>10:00</b> - <b>17:00</b>	PRIVATE COACHING available by reservation and charged extra						
<b>17:00</b> 45 min	FUNCTIONAL TRAINING (GYM)	FLEX & CORE*	HIIT* (GYM)	MAT PILATES*	HIIT* (GYM)	FLEX & CORE*	ATELIER AUTO-MASSAGE* (30 min)
<b>18:00</b> 45 min	SOUND BATH*	SOMATIC YOGA	YIN YOGA	MEDITATION*	YOGA NIDRA	SOUND BATH*	

Activities by reservation only: 5200 from your room or by email at [wellness.bendor@zannier.com](mailto:wellness.bendor@zannier.com)  
Subject to availability.

\*Classes are charged at an additional €30



# GLOSSARY

**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.

**Vinyasa yoga:** 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.

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

**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.

**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 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.

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

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

