

PLANNING OF COMPLIMENTARY WELLBEING ACTIVITIES

From September 21 to 27, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 <i>45 min</i>		VINYASA YOGA	HATHA YOGA	MAT PILATES*	BODY FLOW*	MAT PILATES*	VINYASA YOGA
10:00 - 17:00	PRIVATE COACHING available by reservation and charged extra						
14:00 <i>45 min</i>						BREATHWORK COLLECTIF*	
17:00 <i>45 min</i>	FUNCTIONAL TRAINING (GYM)	FLEX & CORE*	HIIT* (GYM)	MAT PILATES*	HIIT* (GYM)		ATELIER AUTO- MASSAGE* (30 min)
18:00 <i>45 min</i>	SOUND BATH*	SOMATIC YOGA	YIN YOGA	MEDITATION*	YOGA NIDRA		

Activities by reservation only: 5200 from your room or by email at wellness.bendor@zannier.com
Subject to availability.
*Classes are charged at an additional *€30 or **48€



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.

