

COME JOIN US!

Everyone can join our classes . No matter if you are top-trained or beginner, child or adult - the training will fit you perfectly.

YOGA I: Gentle yoga class based on a slow flow and less demanding Asanas. Teacher will guide you step by step through all the positions. You'll become more flexible, aware of your body and relaxed. If you've never tried yoga, this is a class for you.

YOGA II: If you have some experience with yoga, try this class. We're going to move through the flow at a faster pace and get comfortable with advanced Asanas. Great way to diversify your practice.

PILATES: Let's go for a beach and focus on core muscles! Pilates improves balance, strengthen muscles, reduces stress level and improves our well-being. It's also a great movement for those who suffer from back pains. Conjunction of strengthening and stretching with elements of deep breath is a magical mixture to stay in balance.

BODY & MIND: Awareness of your body is key to staying in balance on daily basis. Breathing techniques, meditation and simple movements will keep you aware and mindfull.

HEALTHY BODY / HEALTHY BACK : It's a training based on rehabilitation/medical exercises. We'll focus on the health of your knees, hips, back, shoulders and neck. Perfect class for those who suffer from pains or injuries, seniors or those who would like to start their experience with exercise in a safe and easy way.

DANCE FLOW: It's a dance class for everyone! We'll start with a slower moves and continue with the faster rhythms. You can follow the steps or make up your own, just follow the music and enjoy yourself.

COLOR DANCE: A fun a different dance evening for both children and adults. We'll dance on the beach to the Bollywood music and simple steps. Everyone is given Holi colors to throw in the air and on each other. Wear a white T-shirt and come have a great evening full of beautiful colors.

BEACH WORKOUT: Beach Workout is based on interval training and combines strength and stamina exercises. It's a great way to burn calories and challenge your whole body.

STRETCHING 30': The best way to finish a demanding workout class is to stretch those muscles! This 30 minute class will improve your flexibility and mobility. Attending both classes (Beach workout) that day will keep your body fit, strong and relaxed.