



## Aquatic Osteopathy

Aquatic osteopathy is a therapy that combines classical osteopathy in an aquatic environment. Experience the benefits of switching the treatment table for a pool of warm, salty water to aid your recovery. Thanks to floats, you'll find yourself in a state of weightlessness.

- 1,8,15,22 and 29 July from 10 a.m. to 1 p.m.
- Wellness Centre interior pool
- 60 minutes sessions. €165/person



## Mindfulness

Calm the mind and body, reduce stress and regulate your heart rate with this relaxing practice based on simple breathing techniques.

- 2,9,16,23 and 30 July at 9 a.m.
- Wellness Centre Studio
- 50 minutes sessions. €30/person
- Maximum of 15 people



## Harmonic Concert

Lose yourself in the soft sound of gongs, Tibetan bowls, percussion and harmonic chants as the sun sets. Curated to leave you with a sense of peace and relaxation.

- 25 July 7.30 p.m.
- Wellness Centre exterior pool
- 60 minutes session. €35/ person
- Maximum of 15 people



## Barre

Barre is a functional workout that mixes ballet, yoga and Pilates using a barre. Improve body control and tone muscles with precise, isometric movements and music, alternating between the bar and the floor.

- 8,15, 22 and 29 August, 5 p.m. or 6 p.m.
- Wellness Centre Studio
- 60 minutes sessions. €25/ person
- Maximum of 5 people



## Winefulness

Winefulness gives you a unique experience: tasting Camiral wines among our vineyards to awaken your senses and improve your well-being. With mindfulness techniques, we explore the healthy benefits of nature and its fruits.

- 28 August 7.30 p.m.
- Camiral vineyards
- 90 minutes session. €80/person
- Maximum of 15 people