



Take yourself into a mindful exploration, relax from the inside out
and reconnect with the source of wellbeing.

Inhale the invigorating island air during a peaceful yoga session
that will give you a full physical and emotional boost.

Our experienced yoga teacher will guide you through asanas (yoga poses),
breathing techniques (pranayama) and meditation.



Tuesday 09:00-10:30 & Thursday 19:00-20:30

15€/p. person (minimum attendants 4 people, otherwise session is cancelled)

*Private sessions are available upon request
(1-2 persons max) 35€/p. person*



Dionysos Hotel
R O D O S • G R E E C E