

LAND&ACTIVITY EXPERIENCE

LEZIONE DI YOGA

talea
COLLECTION

TCE050



Rejuvenate your body, mind and spirit through a yoga experience set within the tranquillity of our exclusive outdoor spaces. Guided by certified instructors, you may practise Hatha, Vinyasa or Yin Yoga, disciplines designed to cultivate balance, mindfulness and a profound sense of wellbeing. Each session combines breathing techniques, postures and a brief meditation practice, helping you restore inner calm, vitality and harmony. Suitable for both beginners and experienced practitioners, every lesson is tailored to individual needs and abilities. A moment dedicated entirely to yourself – to slow down, reconnect and rediscover the pleasure of inner balance.

Yoga is a holistic practice that nurtures the mind, body and spirit. The vast majority of yoga styles originate from Hatha Yoga, a discipline that focuses on physical postures and breath control, developing greater awareness and mastery of the body through movement. While all forms of yoga aim to harmonise body, mind and spirit, each achieves this through a different approach. Some styles place greater emphasis on postures, others on breathwork, body alignment or the fluidity of movement. Breath is at the heart of every yoga practice; as the source of vital energy, learning to control the breath helps cultivate greater control over both body and mind. Whatever the style practised, the benefits of yoga for overall health and wellbeing are undeniable.

Estimated total duration of the experience: from 1 h to 1 h and 1/2

Operating daily from April to November, upon availability

Reservations: credit card required as guarantee

Cancellation policy: Free cancellation up to 3 working days prior to departure. From 2 days before: 100% penalty.

In case of adverse weather conditions preventing rescheduling, the full amount will be refunded.

YOGA LESSON - 1 h from 1 to 4 guests	€ 95,00
YOGA LESSON - 1 h and 30 minutes from 1 to 4 guests	€ 115,00
SOUND BATH - - 1 h from 1 to 4 guests	€ 95,00
Extra pax with a maximum of 6 participants	€ 25,00

TIPS: we recommend to wear sneakers and comfortable clothes. We recommend to inform your instructor about any particular health condition before starting the activity

All prices are VAT included