

LAND&ACTIVITY EXPERIENCE

PERSONAL TRAINER

talea
COLLECTION

TCE058



Surrounded by the evocative landscapes and gardens of our properties let enjoy a work out session with a professional **Personal Trainer** who will help you choose the suited activity to help you find the balance of your body.

Functional training is a way of training, or a form of exercise, which aims to make the person's body stronger and more stable but also more agile and flexible, and most importantly – more healthy with a pretty high level of aerobic capacity. Maybe the term “athleticism” would describe it best. It is achieved by placing the athlete and his movement as a hinge of exercises performed on the three floors of space, bringing benefits in the psycho-physical. Workouts are done with the aid of tools (dumbbells, sandbags, kettlebells, medicine balls, ropes, minibands, loop bands) or completely free.

Postural Gymnastics is an effective and long-lasting treatment using targeted exercises to improve the body's alignment, posture and use of thereof, giving the patient better control of their body. This improves muscular flexibility and strengthens the muscles that help them to maintain posture. It also re-adjusts the respiratory system and slowly and gently mobilises the patient, while employing relaxation techniques that release muscle tension.

Estimated Total time for the activity: 50 minutes with a minimum of 1 pax to a maximum of 4 pax

EVERY DAY UPON AVAILABILITY – 24 H notice

PRICE PER CLASS – 50 minutes - 1 person	€ 50,00
PRICE PER CLASS – 50 minutes - from 2 pax to 4 pax	€ 45,00

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

All prices are VAT included