



**ASANA YOGA SHALA**  
Only during group/ private classes

**ASANA FITNESS PAVILION**  
07.00am to 11.00pm

IG: @asanafitnessclub



  
**ASANA**  
wellness club



## ASANA yoga shala & fitness pavilion

TWO SANCTUARIES, ONE PHILOSOPHY:  
to nurture body, mind, and spirit.

### *Asana yoga shala*

is a serene architectural gem, our sacred space to connect, heal, grow, and awaken the spirit. Join us in daily yoga and meditation sessions designed to rebalance and restore. Whether you're deepening your practice or discovering it for the first time, our skilled instructors will guide you through a journey of inner peace and renewal.

### *Asana wellness pavilion*

pulses with energy and purpose, a dynamic space dedicated to movement, strength, and vitality. Here, physical fitness meets mindful intention. Train with us, challenge your limits, and feel empowered as you reconnect with your body.

Escape the noise of everyday life. Step into either space, or both and discover a holistic path to well-being.

**Become part of a community that moves, breathes, and thrives together.**

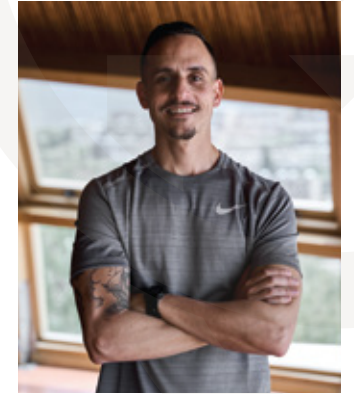


## ASANA fitness club

MEET OUR TRAINER  
Theo, Fitness Trainer

### *cross training*

An exercise regimen consisting of various types of exercises to reach your fitness goals. By varying your daily cardio exercises and incorporating strength training in your running / walking weekly routine, Cross-Training can help improve overall performance, prevent injury and help you stick to your program! According to your fitness level you can choose either the "Beginners" or the "Advanced" class.



### *Trainer's tip*

Your body needs adequate energy if you're going to get through a HIIT workout at peak intensity. Make sure you are having a nutritious breakfast 1.5- 2 hours prior to the Cross-Training class.

### FITNESS CLUB SCHEDULE

#### MONDAY

09.00 - 10.00 Cross Training Level 1  
10.15 - 11.15 Cross Training Level 2

#### TUESDAY

09.00 - 10.00 Cross Training Level 1  
10.15 - 11.15 Cross Training Level 2

#### WEDNESDAY

09.00 - 10.00 Cross Training Level 1  
10.15 - 11.15 Cross Training Level 2

#### THURSDAY

09.00 - 10.00 Cross Training Level 1  
10.15 - 11.15 Cross Training Level 2

#### FRIDAY

09.00 - 10.00 Cross Training Level 1  
10.15 - 11.15 Cross Training Level 2

#### SATURDAY

09.00 - 10.00 Cross Training Level 1  
10.15 - 11.15 Cross Training Level 2

📍 For private sessions please contact the front office or the trainer.

📍 Asana Fitness Club is operating from 07.00 to 11.00.

yoga

Experience the essence of yoga at our Asana Shala. Dive into daily classes centered on the foundational elements of the asana practice, each themed to unveil diverse yogic tools for body exploration. Whether standalone or paired with morning or sunset yoga, these sessions offer a complete experience.

## MEET OUR TRAINER

**Sofia** – Hatha Yoga & Holistic Healing

Sofia specializes in Hatha Yoga and holistic therapies, offering a deeply restorative experience. Her sessions include Hatha, Yin Yoga, Pranayama, and Body and Soul Therapies, as well as the transformative Freeze Frame Workshop. She also incorporates Energy Psychology, helping you release emotional blockages, restore balance, and cultivate inner peace.



## MEET OUR TRAINER

**Dimitra** – Ashtanga & Vinyasa Flow

Dimitra is a dedicated Ashtanga Vinyasa yogini and somatic explorer, known for her dynamic and invigorating approach to Yoga. She will lead you through Ashtanga sequences and Creative Vinyasa flows, assisting you to build strength, flexibility and body-mind awareness while deepening your connection between breath, movement and expression.



## Trainer's Tip

Start your practice with a clear mind and a hydrated body. Skip the coffee and opt for water instead. It's the first step to a more mindful practice.

## YOGA SHALA SCHEDULE

### MONDAY

**Sofia**

08.00 - 09.00

Detox Yoga

09.15 - 10.15

Yin Yoga

10.30 - 11.30

Yoga Nidra

**Dimitra**

16.00 - 17.30

Ashtanga Vinyasa

18.00 - 19.30

Creative Flow  
Vinyasa

### TUESDAY

**Dimitra**

08.00 - 09.30

Ashtanga Vinyasa

10.00 - 11.30

Heart Flow  
Vinyasa

**Sofia**

16.00 - 17.30

Vinyasa Yoga

18.00 - 19.30

Hatha Yoga

### WEDNESDAY

**Dimitra**

08.00 - 09.30

Ashtanga Vinyasa

10.00 - 11.30

Vinyasa Yoga

**Sofia**

16.00 - 17.30

Yin Yoga

18.00 - 19.30  
Freeze Frame  
Workshop

### THURSDAY

**Sofia**

08.00 - 09.00

Detox Yoga

09.15 - 10.15

Hatha Therapy Yoga

10.30 - 11.30

Yoga Nidra Deep  
relaxation

### FRIDAY

**Sofia**

08.00 - 09.30

Detox Yoga

10.00 - 11.30

Healing Circle  
Workshop

**Dimitra**

16.00 - 17.30

Ashtanga Vinyasa

18.00 - 19.30

Heart Flow  
Vinyasa

### SATURDAY

**Dimitra**

08.00 - 09.30

Ashtanga Vinyasa

10.00 - 11.30

Creative Flow  
Vinyasa

### SUNDAY

**Sofia**

08.00 - 09.30

Hatha Yoga

10.00 - 11.30

Pranayama (Breathwork)  
- Priming Exercise

**Dimitra**

16.00 - 17.30

Ashtanga Vinyasa

18.00 - 19.30

Slow Vinyasa

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🐾 **Asana Wellness Club is operating from 07.00am to 11.00pm**

## Breathing exercises and Priming Ritual Technique:

**Pranayama:** We learn different types of breathing exercises that clear the physical and emotional obstacles in our body, free the breath and allow the life energy to flow in our system. We can charge our whole body and strengthen our respiratory organs.

### Priming Ritual Technique:

Let's master our emotions and control our reactions so that we can live life in a peak state! Using the breath, feeling gratitude, visualizing and focusing on our goals, we train ourselves to success and fulfillment and it definitely gives a powerful tone for our day!

## E.F.T. Therapy session (Emotional Freedom Technique)

Emotional Freedom Technique is an alternative treatment for physical pain and emotional distress. By tapping the meridian points of the body, we relieve symptoms of negative experience or emotions.

## Healing Code Therapy Session

The healing code is a life changing therapy program that uses energy medicine to heal mental and physical challenges. Using the Healing Code, you can recover from the issues you know about and repair the ones you don't. It can treat physical, emotional, relational problems and enables breakthroughs in success and wellbeing.

## Couple bonding therapy session

This time is dedicated to enhance the quality of relationships, deepen the bond between the couples and awaken the love, admiration and the effective communication. By doing partner yoga poses, written exercises, breath work, positive visualization and more, the couple shares feelings and build on trust and appreciation.

## Cognitive Behavioral Clinical Hypnotherapy (One to One)

This treatment combined with hypnosis is designed to help you manage your problems by changing the way you think and behave. The hypnosis element helps you to embed the positive changes in a deeper level.

## Freeze Frame technique session

This is a technique that allows a major shift in perception. It strengthens the parasympathetic nervous system by activating neurons in the heart. This creates a heart brain coherence that creates positive emotional states.

## Healing circle workshop

It's an opportunity to enhance the connection with ourselves, build the trust with the others and awaken our esoteric spirit. Through different kinds of interactive approaches with the group we can free from anything that is blocking us, from unpleasant emotions or just release negative energy both physically and emotionally!

