

YOGA & PILATES

A REJUVENATING AWAKENING

Is there a better way to start the day?

Moving in contact with nature, breathing in the sea breeze, and listening to the sound of the waves is an invitation to reconnect with **energy** and **presence**. On our **seafront deck**, every morning you can dedicate time to yourself with **Yoga** and **Pilates** classes that awaken the body and free the mind.

YOGA FLOW / VINYASA (OPEN LEVEL)

A fluid and dynamic practice that combines breath with movement, creating harmonious sequences that strengthen, lengthen, and center. Each class is a journey through balance, energy, and inner awareness—perfect for those who want to move mindfully, release tension, and awaken vitality.

PILATES MATWORK (OPEN LEVEL)

A bodyweight workout focused on strength, posture, and movement control. Through targeted exercises, Pilates strengthens the core, improves alignment, and provides both stability and lightness. Ideal for anyone seeking a toning, safe, and effective practice, suitable for all levels.



ORARI

	9:30 - 10:30
Monday	PILATES MATWORK
Tuesday	YOGA FLOW
Wednesday	PILATES MATWORK
Thursday	YOGA FLOW
Friday	PILATES MATWORK
Saturday	YOGA FLOW



WHAT | WHEN | WHERE

PILATES OR YOGA CLASSES
FROM MONDAY TO SATURDAY
FROM 9.30 AM TO 10.30 AM
AT CIBOCHIACCHIEREVINO

CONTRADA POZZO VECCHIO 91023
FAVIGNANA (TP)

RATES

- SINGLE CLASS _____ 15 € PER PERSON
- BRING A FRIEND _____ 25 € PER COUPLE
- 5-CLASS PACK _____ 60 € (12 € PER CLASS)
- 10-CLASS PACK _____ 100 € (10 € PER CLASS)
- PRIVATE LESSON _____ 40 €

RESERVATION REQUIRED

SEND A WHATSAPP MESSAGE TO:

SOFIA
+39 339 234 4074

OR

GIULIA
+39 339 129 1698

RESERVATION MUST BE MADE
BY THE EVENING BEFORE THE CLASS

(We provide mats and blocks)

Join us – we're waiting for you!