

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.



SCHEDULE

	9-10 AM	10-11 AM
<i>Monday</i>	PILATES MATWORK	YOGA FLOW
<i>Tuesday</i>	YOGA FLOW	PILATES MATWORK
<i>Wednesday</i>	PILATES MATWORK	YOGA FLOW
<i>Thursday</i>	YOGA FLOW	PILATES MATWORK
<i>Friday</i>	PILATES MATWORK	YOGA FLOW
<i>Saturday</i>	YOGA FLOW	PILATES MATWORK
<i>Sunday</i>	PILATES MATWORK	YOGA FLOW



LOCATION

EVERY MORNING AT
CIBOCHIACCHIEREVINO
TWO CLASSES:

FIRST CLASS 9-10 AM
SECOND CLASS 10-11 AM

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

GIULIA
+39 339 129 1698

RESERVATIONS MUST BE MADE
BY THE EVENING BEFORE THE CLASS.

(We provide mats and blocks)

Join us — we're waiting for you!