

Experience our Wellness Kiosk

Reservations at our Reception: T. +30 6986533529

ENERGY HEALING

Reiki 60' 90e

Reiki is an ancient and sacred Japanese Healing Technique still applied in our days worldly. Is helping people to relax deeply, calm the inner frustration of the mind, heal and reconnect. The word itself means the unlimited Universal Life Force which affects every form of life. Sometimes is an off-hands, others a softly touching and staying technique. Brings serenity, calmness, purity and grounding, leaving you refreshed and clear-minded.

Meditation 60' 80e

Meditation is an art and a science.

Science because the beneficial effects have been scientifically proved and an art because such is the ability of staying in the present moment.

Breath awareness and relaxation. A powerful tool in challenging times.

Yoga 75' 80e (*contact us about prices for couples or small groups*)

Advanced, intermediate, or an absolute beginner, our highly skillful therapist and yoga teacher, after a short sharing, will design the perfect class for you.

Yoga mats can be provided by the establishment.