



CAPOVATICANO  
RESORT THALASSO SPA

## **Fitness Program 2021**

### 08.30 Ashtanga/Power yoga (50 min)

This practice incorporates the athleticism of Ashtanga, including lots of vinyasas (series of poses done in sequence) It's a dynamic & vigorous Practice that concentrates on the coordination of postures (asana) & the correct breathing (ujjay pranayama)

### 11.00 Yin Yoga (50 min)

Yin yoga improves the energy flow, enhancing the flow of CHI in the organs.

This class consist of a series of Stretches & holding poses for a longer period of time. To target the deep connective tissues between the muscles, and the fascia throughout the body. The aim is to increase circulation in the joints, keep and improve flexibility.

### 17.00 Hatha Yoga Followed by Breathing meditation & Visual Body scan (45 min)

Hatha yoga starts off with physical "Forced postures" that eventually lead you to a better meditation practice, A practice where you focus your attention on the sensations of breathing while mentally observing each individual body part in turn, from head to toe.

### Loving-kindness meditation (20 min): (IN ITALIAN)

This practice is designed to foster positive feelings of love and care, initially toward a close loved one, then extended to yourself, & eventually the whole Ocean.

### 18.10 Loving-kindness meditation (20 min) : (IN ENGLISH)

This practice is designed to foster positive feelings of love and care, initially toward a close loved one, then extended to yourself, & eventually the whole Ocean.

### 18.30 Pilates (30 min)

Followed by 10 min Surya namaskar (Sun salutation)

Pilates is classed as a muscle-strengthening activity, which can help you maintain a healthy weight. Classes can vary in intensity: they can be gentle, or dynamic and offer a solid workout.



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Surya Namaskar is largely a salutation to the sun and bringing balance between Ida and Pingala or the masculine and feminine within, it also activates Samat Prana which is the manifestation of the sun's energy in the body.

(OBS All classes will be held outside on the hill. In case of bad weather, classes will be held inside in the gym)