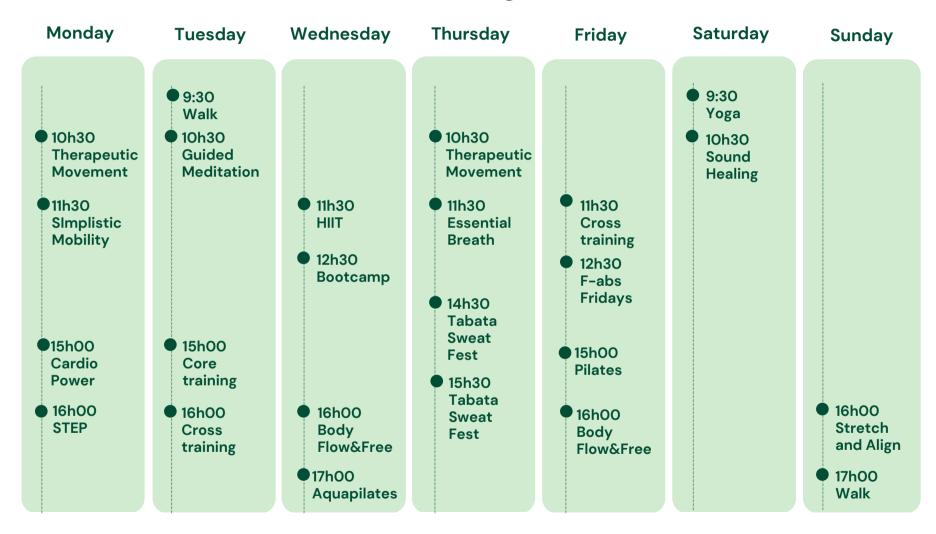


Activity Plan



Price per session 20€ Previous booking needed Activities are subject to change <u>Booking :</u> Extension - 17256 Phone- 351 282 320 196 Thalassa.medicalspa@blueandgreen.com

<u>Therapeutic Movement</u> • • • •

Gentle movements to understand and improve the function of the spine and waking up the deeper core.

Simplistic Mobility • • • • •

A serie of targeted stretching and strenghthening exercises to balance the body.

Essential Breath • • • •

Rediscover your natural breathing, release the diaphragm and the tissues of the abdomen and trunk.

MENTAL

The sound and vibration of Tibetan bowls brings a deep relaxation that leads us into a state of meditation.

<u>Yoga</u> • • • • •

Milenar therapy which aims to connect body, mind and spirit

Body Flow&Free • • • •

PHYSICAL

Freedom movements, activating your iner balance, developing vitality and stretch

Aquapilates • • • • •

Combines the principle Pilates adapted to water at 30 degrees.

<u>Pilates</u> • • • •

Body and mind awareness, through 6 principles: concentration, control, precision, powerhouse, flow and breathing.

Stretch & Align • • • •

Stretching that improves your health by increasing the range of motion flexibility, reducing and relieving joint and muscle tension.

<u>Walk</u> • • • •

Walk through the surrounding gardens and cliffs of Vilalara.

<u>Cardio Power</u> • • • •

High-intensity workout that improves cardiovascular fitness, increases speed and maximizes calorie burn.

<u>HIIT</u> • • • • •

Interval training exercise. It incorporates several rounds that alternate between several minutes of high intensity movements.

Bootcamp • • • • •

Effective exercises for sculpting the glutes include hip thrusts, step-ups, lunges, squats, bridges, kicks, and deadlifts

Core Training

strengthening and conditioning of the core muscles surrounding the middle of the body—the abdomen, hips and lower back.

Tabata Sweat Fest 🔹 🔍 🔍 🖉

type of workout that aims to yield the most benefits in a short amount of time.

<u>STEP</u> • • • •

Step aerobics has all the benefits of a high-intensity cardio workout without putting stress on your joints.

Cross Training • • • • •

The goal is improving overall performance. It takes advantage of the particular effectiveness of one training method to negate the shortcomings of another.

<u>F-ABS Fridays</u> • • • • •

Abdominal exercises are a type of strength exercise that affect the abdominal muscles.

