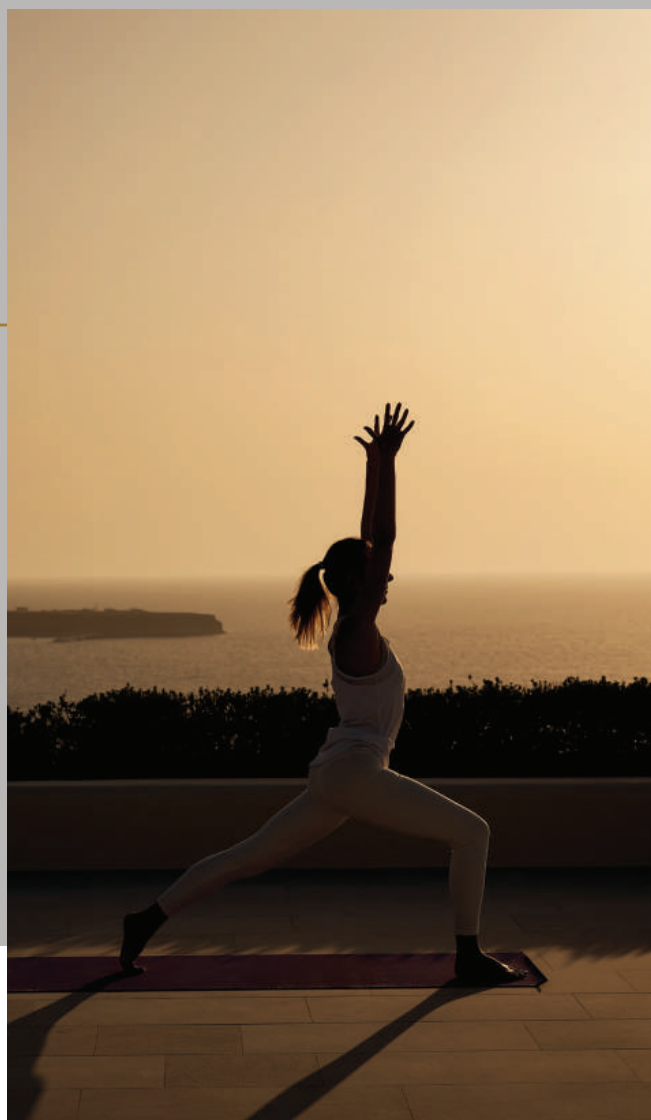




CANAVES
COLLECTION



LET'S GET IN TOUCH

Canaves Collection Santorini

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Yoga & Fitness MENU

60min
€90/person
€160/couple

RISE & FLOW YOGA

Wake up your mind and open up your body. Move with your breath in a flowing sequence and improve your balance, flexibility and muscle endurance. You will leave the class feeling energized, uplifted and focused.

1hr
€90

PERSONAL TRAINING

Experience a tailored training session that boosts strength, endurance, and well-being. Enjoy expert guidance in an exclusive setting, leaving you stronger, revitalized, and perfectly balanced.

45min
€80/person
€140/couple

BREATHING & MEDITATION

Start the day with intention and invite in clarity and a sense of appreciation. This practice will begin with the breath, that is the bridge between the body and the mind and that will prepare us to dive deeper into a guided meditation. Release all expectations and embark on a journey of introspection.

45min
€80/person
€140/couple

MAT PILATES

This series of effective low impact exercises tone every part of the body with an emphasis on core strengthening. It will improve your muscles strength, endurance and your posture and will help prevent injuries.

35min
€70/person
€120/couple

CARDIO HIIT

Challenge yourself with this high intensity cardiorespiratory training that alternates between brief bursts of dynamic exercise and short periods of active recovery. This rewarding full body workout will make you push your limits.

35min
€70/person
€120/couple

BODY STRENGTHENING

Feel the burn with this 3x10min workout that will sculpt and strengthen your abs, legs, glutes and arms using bodyweight and weights.

approx. 9.3km, 3h30min
€180/person

HIKE FROM IMEROVIGLI TO OIA

Nature is the best playground. So put on your trainers and join us to explore the island! We'll meet at 7:30 in the village of Imerovigli. We'll start our trip walking through Imerovigli's small labyrinthic streets and head north. We'll continue our way along the edge of the caldera admiring epic views.

We'll move up rocky hills where the black and red strata of the rocks remind us of the volcanic nature of the island. From the top we'll see the white Oia lit by the sun and make our way downhill until we leave the dirt trails for the pedestrian road that goes through the village.

Finally, we'll be heading back to the hotel where you'll be able to refresh by diving into the pool or enjoying a nice drink.

- Meeting point: Hotel's Lobby at 07:00am
- Groups of 1-6 people

*The price includes transfer from the hotel to the starting point in Imerovigli and the guidance of our personal trainer throughout the whole experience, refreshing water and snacks.