

VIVI
BELLAVISA

SUNDAY
WEDNESDAY
8AM - 9.30AM

INHALE & EXHALE



HOTEL BELLAVISTA, VIRA (GAMBAROGNO)
WWW.HOTELBELLAVISTA.CH
@YOGA_CON_AMANDA

YOGA CLASS

Amanda Simona
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Giardino delle Ortensie
Palestra Bellavista

YOGA CON AMANDA

Yoga with Amanda is suitable for everyone. Focused primarily on the physical and mental well-being of each participant, the classes give particular attention to safety and personalization, offering multiple variations of the same exercise to suit all levels of fitness. Everyone is welcome.

The lessons are structured into: muscle and joint preparation exercises, ASANA (yoga positions) and PRANAYAMA (yoga breathing) followed by a final relaxation session.

DATES

22.06.2025	30.07.2025
25.06.2025	03.08.2025
06.07.2025	13.08.2025
09.07.2025	17.08.2025
23.07.2025	

Complimentary for our hotel guests.
Please book at reception (24 hours) in advance.