

VIVI
BELLAVISTA

SUNDAY
WEDNESDAY
8AM - 9.30AM

INHALE & EXHALE



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

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YOGA CLASS

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

07.06.2026	26.07.2026
14.06.2026	04.08.2026
21.06.2026	11.08.2026
05.07.2026	18.07.2026
12.07.2026	25.07.2026
19.07.2026	

Complimentary for our hotel guests - Bring your own towel
Please book at reception (24 hours) in advance.