

VIVI  
BELLAVISTA

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

07.06.2026  
14.06.2026  
21.06.2026  
28.06.2026  
12.07.2026

19.07.2026  
04.08.2026  
11.08.2026  
18.07.2026

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