

Yoga teacher Hary Shanker (Buddhist monk) began meditation as a child and has been practicing Yoga for more than 30 years. The types of yoga you perform are

Hatha Yoga: yoga is part of the physical to benefit mental health, focuses on body postures and has great preventive, therapeutic and rehabilitative effectiveness of injuries.

The pranayana: One of the central practices of yoga is pranayama: the science of breath control, vital energy, through breathing exercises.

Yoga Nidra (Sanskrit dream yoga) is a powerful technique of the **Yoga Tantra** tradition that allows the practitioner to relax and heal his being.

Meditation is a practice in which the individual trains the mind.

All classes are held in a room perfectly equipped with relaxing music.

Yoga classes for guests are held every Tuesday and Thursday at 11:00 a.m. to 11:50 a.m. and meditation classes every Saturday from 11:00 a.m. to 11:50 a.m.

Yoga can be combined with Ayurvedic treatments and all the relaxing treatments we offer.