



Mediterranean Wellness Ritual



PRINCIPE DI
FITALIA



1. Pilates Awakening - 60 min

An elegant and fluid body awakening focused on mobility, posture, stretching, and conscious breathing.

2. Aqua Tone & Drain - 45 min

Gentle water exercises to stimulate circulation, drain fluids, and tone the body with lightness.

3. Wellness Tea & Social Break - 30 min

A convivial moment with herbal teas, infused waters, fresh fruit, and healthy snacks.

4. Postural Balance & Back Release - 60 min

A session dedicated to spine, neck, and tension release.

5. Deep Relax & Breath Experience - 45 min

Deep relaxation, guided breathing, and emotional rebalancing.