

NOUS & SOMA

		DURATION	PRICE
FITNESS CENTER	PERSONAL TRAINING	60'	90,00 € / per person 160,00€ / per couple
	MAT PILATES	60'	120,00 € / per person 200,00 € / per couple
PILATES	REFORMER PILATES	60'	120,00 € / per person 200,00 € / per couple
	YOGA	60'	120,00 € / per person 200,00 € / per couple
WELLNESS ACTIVITIES PACKAGES	3-DAY EXPERIENCE		340,00 €
	5-DAY EXPERIENCE		570,00 €
	7-DAY EXPERIENCE		800,00 €
OUTDOOR ACTIVITIES	REVITALIZING SEASIDE JOG	50'	70,00 € / per person 120,00 € / per couple
	ANCIENT THIRA VITALITY TRAIL	75'	70,00 € / per person 120,00 € / per couple
	ANCIENT THIRA – PYRGOS	150'	95,00 € / per person 180,00 € / per couple
	CALDERA TRAIL EXPERIENCE	160'	95,00 € / per person 180,00 € / per couple
WELLNESS RETREAT EXPERIENCES	SINGLE DAY PACKAGE		10% discount for the 1 day package €234 from €260
	FOUR DAYS PACKAGE		15% discount for the 4 days package €370 from €435
	SEVEN DAYS PACKAGE		20% discount for the 7 days package €740 from €925
NOURISHMENT	SINGLE DAY PACKAGE		13,00 €
	FOUR DAYS PACKAGE		54,00 €
	SEVEN DAYS PACKAGE		113,00 €

Deep relaxation experience - any spa treatment combine with any yoga session gives you 25% discount for yoga session