

NOUS & SOMA

	DURATION	PRICE
FITNESS CENTER	FUNCTIONAL TRAINING	60' 90,00 € / per person 160,00€ / per couple
	PILATES MAT/EQUIPMENT	60' 120,00 € / per person 200,00 € / per couple
	YOGA	60' 120,00 € / per person 200,00 € / per couple
MULTI DAY JOURNEYS	3-DAY GENTLE RESET	340,00 €
	5-DAY RHYTHM & REFINEMENT	570,00 €
	7-DAY TRANSFORMATIONAL IMMERSION	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
	CALDERA TRAIL EXPERIENCE	160' 95,00 € / per person 180,00 € / per couple
HOLISTIC WELLNESS JOURNEYS	SINGLE DAY PACKAGE	260,00 €
	FOUR DAYS PACKAGE	370,00 €
	SEVEN DAYS PACKAGE	740,00 €

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