

TALISE
SPA

A photograph of three people practicing yoga on a rooftop deck. They are in a warrior II pose, with arms extended horizontally and one leg bent. The man in the foreground is wearing a black t-shirt and pants, the woman in the middle is wearing a white tank top and black leggings, and the woman in the back is wearing a black tank top and leggings. They are standing on a wooden deck with a metal railing. In the background, there is a lush green forested mountain under a clear sky. The text 'TALISE SPA' is in the top left, and 'MINDFUL LIVING CALENDAR' is centered in a white banner.

MINDFUL LIVING CALENDAR

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:30				Up To the Hill Meditation* Torre Picada 1 h 30			
08:00	Total Body Functional Circuit 1h		Total Body Functional Circuit 1h		Total Body Functional Circuit 1h		
09:00		Vinyasa Yoga Studio/ Tramuntana Terrace 1h					
17:00	Hata Yoga Studio/ Tramuntana Terrace 1h	Total Body Functional Circuit 1h	Total Body Functional Circuit 1h	Total Body Functional Circuit 1h	Total Body Functional Circuit 1h	Total Body Functional Circuit 1h	

Terms and Conditions

Our classes are open for a maximum 10 participants to ensure safety and pleurability of the experience.

Due to the limitation of capacity, advance booking is required at Talise SPA. If there is no advance reservations, the class may be cancelled 4 hours prior to the activity.

Booking required 24 hours in advance.

Outdoor classes are weather dependent and may be relocated or cancelled prior notification.

*Price 60€ per person. For reservation please contact Talise Spa: +34 971 637 810. Meeting Point at Hotel Lobby. Paid in advance. Maximum 6pax

If you like to reserve a private Hiking session please get in contact with our Guest Service Team: +34 971 637 725

Classes Description



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- ▶ **Up To the Hill Meditation:** Conscious walk in silence through a pine and alcina forest along the coast with views of the sea. Practicing the ancient Japanese technique "Shinrin yoku" (Forest bathing) Practice that induces a relaxation process. We will arrive at a special place where we will do a meditation and a ritual to Mother Earth with the elements. Water, fire, air and earth
- ▶ **Vinyasa flow** practice is more dynamic. It has greater strength: Continuous movement and transitions between postures develop and tone muscles, particularly in the core, arms and legs. The dynamic nature of Vinyasa Flow can elevate heart rate, providing cardiovascular benefits and improving overall heart health.
- ▶ **Hatha Yoga** improves strength, flexibility and balance. During classes we practice postures (asana), breathing techniques (pranayama) and meditation. We finish classes with a guided relaxation with Tibetan bowls.

- ▶ **Functional Circuit and Total Body:** A training suitable for all levels. Work throughout the body to tone and strengthen muscles. It is also ideal for those who want a workout to burn fat

