

TALISE

Mindful *Living* Calendar

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:30				Up To the Hill Meditation (On request)			
08:00							
09:00							
10:00		Hatha Yoga 1 h		Vinyasa Yoga 1 h			
17:00							
18:00	Full Body Classical Pilates 1 h		Core-Focused Strength Pilates 1 h		Gentle Pilates Flow with Stretching 1 h		

Terms and Conditions

Our classes are open for a maximum 10 participants to ensure safety and pleasurability 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. Meeting Point at Hotel Lobby.

*Up To the Hill Meditation: 60€ per person /ON REQUEST. For reservation please contact Talise Spa: +34 971 637 810 - Maximum 6pax, paid in advance.
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. We practice postures (asana), guided meditation and Tibetan singing bowl.
- ▶ ***Hatha Yoga*** improves strength, flexibility and balance. During classes we practice postures (asana), guided meditation and Tibetan singing bowl.
- ▶ ***Full Body Classical Pilates:*** A grounding full-body session rooted in the classical method. We move with mindful breath and precision to strengthen, lengthen, and realign. This class cultivates core connection, postural alignment, and deep resilience.
All Pilates sessions are guided by the six Pilates principles – breath, concentration, control, centering, precision and flow – supporting both physical strength and mental clarity.
**Suitable for pregnant after the 3rd month*
- ▶ ***Core-Focused Strength Pilates:*** A deep and focused class designed to stabilize and strengthen from within. With conscious breath and layered sequences, we activate the core and build endurance. This practice cultivates inner strength, postural awareness and sustainable power.
**Suitable for pregnant after the 3rd month*
- ▶ ***Gentle Pilates Flow with Stretching:*** A gentle and fluid Pilates class to open, soften and restore. With flowing transitions and long stretches, we ease tension from the body and mind. Ideal to slow down, rebalance, and transition into the weekend with ease.
**Suitable for pregnant after the 3rd month*