



LOVRANSKE VILE

One with Nature • One with Life

ACTIVITIES

Yoga

In Yoga you will learn to control your breathing in a relaxed and modulated way in order to provide focus in the different postures. Yoga can also be used to improve postural imbalances, promote inner awareness, enliven the body and strengthen areas of weakness. It will improve your form and fluidity, and help you gain a deeper understanding of how yoga can transform your life.

50 min / 300kn

Breathing and relaxation

Learn gentle breathing techniques to improve energy and reduce stress.

50 min / 300kn

Meditation

A meditative practice has ability to help you develop the skills which will enable you to capture peace of mind and stillness where you can recharge your batteries and return to your daily life invigorated and energized.

50 min / 300kn

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