



Yoga & Wellness Experience

Immerse yourself in an authentic wellness experience guided by **Alice Micheli**, a yoga teacher and nutrition biologist with international training in India. Her approach combines tradition, science, and deep listening, offering practices designed to naturally and mindfully rebalance body and mind.

In the peaceful beauty of **Dimora San Jacopo**, each session becomes a moment to slow down, breathe, and reconnect with your center. The practices (60–75 minutes) are fully adaptable to guests' needs and include different disciplines:

- **Ashtanga Yoga**: dynamic and flowing
- **Yin Yoga**: slow and regenerative
- **Pranayama**: breathing techniques to calm the mind
- **Restorative Yoga**: gentle and relaxing, ideal also for guests over 60

Single sessions are available, as well as morning sessions (08:00–09:00 / 09:30–11:00) combining two practices (e.g., Ashtanga & Pranayama, Yin/Restorative & Pranayama, Ashtanga & Yin/Restorative).

The experience can also extend to a full day, offering a harmonious journey that accompanies guests from morning to afternoon:

- **Ashtanga Yoga practice (08:00–09:00 / 09:30)**
- **Break with tea, fresh fruit, and light snacks (09:00–10:30)**
- **Pranayama session (10:30–11:00)**
- **Light lunch (12:30–14:00)**
- **Yin Yoga practice (14:00–15:00)**

Each activity is tailored to the group's level and individual needs; private personalized sessions are also available upon request for a more intimate and customized experience.

This offering is designed as a **true wellness ritual**: a regenerating space where the body relaxes, the breath expands, and the mind becomes still. An invitation to enjoy the luxury of slow time, release stress, reconnect with yourself, and rediscover energy, presence, and inner harmony.