# Yako Sailing - 7-day Private Yoga and Pilates Course in Sporades Cruise

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| **Location:** Paliouri, Greece  **Language:** English  **Duration:** 7.0 days | **Magpie Product Code:** DNPYUZ  **Company Website:** yakosailing.com  **Primary Contact:** Yako Sailing |

**Description Summary:**
Enjoy an once in a life Yoga course, by our expert instructor, in a total different way! Sail to virgin destinations and take advantage of isolated islands to stabilize the torso, strengthen and improve posture.
Practising yoga on the beach brings you in complete harmony with nature, whereas the sound of the sea is a natural musical harmony intensifies the benefits of each posture. Ideal form of exercise for relaxation and rejuvenation. Sunsets are a great reminder to rest and reset our hearts and minds and this is the reason why you will accomplish stretching programs in ideal sceneries.
You will also try Aqua Pilates, an alternative method of exercise to stabilize the torso, strengthen and improve posture. Running the program in the sea element helps to increase the difficulty of the program while the water turns the exercise into relaxation and fun. If you like intensity, you will love Aqua Tabata! A high-intensity program with alternating exercises at an intense and fast pace.
The combination of exercises in the water increases the degree of difficulty but makes the exercise look more fun at the same time. Swim, Snorkeling, SUP, relax and do whatever gives you peace!

**Description:**
This is a unique yoga course cruise which combines nature, sailing and yoga lessons to secluded beaches and isolated bays. Throughout the trip, the whole process will become "hands on"! This means that you become the captain of the boat with the skipper's guidance.
For those who sailed before, you know how it feels to wake up on a scenic beach, away from the hustle and into nature. Practising yoga on the beach brings you in complete harmony with earth! In the past, you may have tried Tabata but what about Aqua Tabata? Τhe combination of exercises in the water increases the degree of difficulty but makes the exercise look more fun at the same time.
"PRANAYAMA" Those of you who are actively involved in yoga know the meaning of this word: Controlled breathing. The best way to train in this, of course, is pilates. Taking advantage of the wonderful green waters and the sandy beach, we attend the Aqua pilates course! If you need a re-connection with yourself, you can't miss this cruise!

**Inclusions:**

All Fees and Taxes

Breakfast and snacks , Fully equipped kitchen , Spices, olive oil, vinegar

Use of Snorkelling equipment

Transportation between activities on each destination

Paddle board or Canoe-kayak

Accommodation: Sleeping on board

Bed linen

Fuel, water and power consumption

**Exclusions:**

Lunches and dinners on board or in restaurants

Transportation to and from the base

**Know Before You Book:**

- Duration: 7 days

- Mobile tickets accepted

- Instant confirmation

**Health items:**

Regular temperature checks for staff, Regularly sanitized high-traffic areas,

### Locations:

**Pickup:**
none

**Starts Notes:**
Miraggio Thermal Spa Resort, Kanistro, Paliouri 630 85, Greece

**Instant Confirmation:**
Yes

### Cancellation

**Cancellation Policy:**
standard

**Cancellation Cut-off:**
24
hours

**Cancellation Notes:**
For a full refund, cancel at least 24 hours in advance of the start date of the experience.

### Pricing