



## Local Practitioner Grit Hammer

Grit was born in Germany and is a passionate Yoga and Pilates trainer for more than 15 years. Already in childhood she loved to express herself through dancing. Early she understood the importance, to keep body and mind healthy. Because of own spinal problems she started to do Pilates and became a Pilates trainer later on. She noticed that meditation and breath-work is the key for a balanced practice. For this reason her next step to become a Yoga trainer was the natural path. In Crete she immediately felt the healing and nursing energy of the sea and the sun so in her classes she tries to connect nature with mindfulness movements and breathing. She is specialized in Chi Yoga, which is a Vinyasa Flow practice. It is concentrating on the spine as the centre line of our body. It takes inspiration from nature with different needs and aspects for each period of the year.



### Fitness Consultation

Complimentary consultation and treatment advice with Grit Hammer so you can plan your Spa and Fitness journey.

15 minutes

### Meditation and Breathwork

It is no secret that meditation helps people fight worry, stress and lack of clarity, and has done so for thousands of years. Research from a host of universities, medical schools and health centers has shown that practicing regular meditation, mindfulness and breath-work has the potential to minimize anxiety and depression, reduce pain, instigate positive psychological change and also increase telomerase activity, which is an effective anti-aging therapy at cellular level.

60 minutes / EUR 80

### Chi Yoga

Chi Yoga is meditation in movement. Chi or Qi means energy of live. Breathing, concentration and slow movements of the body are connected in order to give strength and flexibility to our body, especially to our spine, while the breathing is calming our mind and soul. It takes inspiration from nature with different needs and movements for each period of the year.

60 minutes / EUR 115

### Pilates

Pilates is a system of repetitive exercises performed on a yoga mat or other equipment to promote strength, stability, and flexibility. Pilates exercises develop the body through muscular effort that stems from the core. The technique cultivates awareness of the body to support everyday movements that are efficient and graceful.

60 minutes / EUR 115

### Facial Yoga

Nature gives you the face you have at twenty, life shapes the face you have at thirty, but at fifty, you get the face you deserve", Coco Chanel  
Facial Yoga is a series of more than 70 poses to smooth fine lines, minimize wrinkles, stop the skin on your face from sagging and sharpen face contours. The tension in the face muscles will reduce and the face will look tighter and brighter with a beautiful natural glow. Facial yoga achieves what no cosmetic product can, it accesses the inner body through drainage, toning, relaxation, and nutrition, which all act in synergy.

60 minutes / EUR 115

### Partner Yoga

In the practice of Partner Yoga we learn to nurture, strengthen and enjoy ourselves as well as others. There is something about touch that is very healing to our body and soul. To be in contact with another person, to be open, to trust, to surrender, to be there for each other – all within simple yoga postures-we are experiencing the root principle of yoga: union. Breathing, relaxing and letting go into a posture rather than trying to hold on muscle happens by using the body weight of another person. Enjoy yourself and explore new possibilities!

60 minutes / EUR 140

All rates are in EUR and include VAT