



Christos Fydanis , Yoga and Energy healer



Christos is a dedicated Yoga student for more than 10 years. Through his path he is learning how important the energy, the breath, the movement and the touch are. Under the umbrella of Hatha yoga he is studying Restorative, Iyengar and Aerial Yoga. He is combining this knowledge to his classes and therapies creating an atmosphere of secure, lovingness and compassion. The combination of Thai Traditional massage, chiropractic and energy healing he uses helps to release any tension of the body. The connection to nature is his guru, spending his time hiking paths close to birds and flowers.

The Breath of life , 60 minutes / EUR 125

As a mix of the best techniques of Pranayama (yoga breathing techniques) from Ashtanga and Hatha Yoga, this class is aiming at transforming your breathing and meditation experience through the power of Prana (vital energy) by simply controlling the air in and out of your lungs. By the end of the practice you will feel a deep bliss.

Chakra Balancing , 60 minutes, EUR 125

Chakra Balancing is a form of energy healing that focuses on guide energy into the seven chakras. Deeply meditative, this experience brings your seven main Chakras into alignment through a fluid combination of Mantras and Tibetan bowls. This unique experience will leave you feeling calm and in a state of harmony, resulting in an increased feeling of wellbeing.

Thai yoga Sacred Dance Massage , 60/ 90 minutes / EUR 125 /155

Six Senses Spa at Porto Elounda Golf & Spa Resort

T +30 284 106 8060 | Resort guests, please dial ext. 6100 | E spa.manager@elounda-sa.com

72053 Elounda, Crete, Greece

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It is a holy communion between two people used to unblock energy stagnation. It is essentially an ancient Eastern healing technique used as a tool to awaken our spiritual flame and inner therapist. The unblocking of your meridians and the free flow of Chi and Prana energies will help you release any tensions and guide you to deep relaxation.

Aerial yoga , 60 minutes /EUR 125

Aerial yoga combines traditional asana (the physical postures of yoga) and yoga principles with the aerial arts. Silk fabrics are hung from above to aid practitioners in forming shapes. With the guidance of Christos you will feel the effects of the practice. Decompression of joints, flexibility, stability and balance are some of them.

Hypno therapy yoga for IBS & digestion issues, 120 min/EUR 195

This session is aiming to help you release the symptoms of irritable bowels, stomach tensions and digestion issues. Is a combination of Kriyas (cleansing techniques and breaths), yoga poses, abdominal massage and hypnotherapy. Kriyas will give gentle movement to your bowels regulating the inner pressure with your breath, yoga poses will help your intestines to create space and calm, abdominal massage with gentle pressures will help the tensions to be released and finally a guided meditation will lead you to a deep relaxation and awareness. Christos will guide you through this therapy with his clear instructions and his soft touch. Preparation: Empty stomach (at least 8 hrs after the last meal).

Egyptian Yoga (Smai Tawi) ,60min/EUR 125.

The Journey of Ra / EUR 125 The term Smai Tawi means the union of Lower and Upper Kemet (Now Egypt) or the union of lower with higher self. According to the Egyptian scholars, it is older than Indian yoga, with the first yoga pose "sphinx", to be dated at 10.000 b.C. The class is dedicated to god Ra, the sun god and to the 6 phases of the creation of the world (Egyptian yoga is full of symbolisms). It is a journey of mysticism through the ancient Egyptian philosophy of awareness .

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