

H A C I E N D A  
**ZORITA**  
THE WINE & OLIVE SPA



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SMALL  
LUXURY  
HOTELS  
OF THE WORLD

*Independently minded*







# Qi Yoga among Poplars

Qi Yoga is a healthy way to start the day with positive and renovated energy, and charge one's batteries, even if you are an amateur user. We teach you to live an experience in which your inner balance is essential in all its senses. Discover this experience of well-being and relaxation with our expert team, a professional staff with international background. Give it a try!

- Outdoor sessions in a unique environment
- Mix of Qi Gong and Yoga
- Stretching and exercise amateur level

*20€ per person · VAT included*

*From 9AM to 10AM*

*Thursday and Saturday*

*Requests with more than 4 people on request and upon availability*

## **Hacienda Zorita Wine Hotel & Spa**

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