

GARDONE RIVIERA
LAGO DI GARDA

YOGA

HOTEL
BELLA
RIVA



YOGA & *MORE*

Open air classes · Sound healing · Private sessions

SEASON 2026

YOGA & MORE

YOGA MEANS UNION.

This union between body, mind and spirit, has been forgotten for most of the time during our lives, especially following the Western society and its lifestyle. Creating balance between these is the key for a good, healthy and peaceful journey throughout days, weeks, and years of our life.

When we are not centered, due to one of these 3 aspects is more active than others (mostly the mind), we create compression, constriction inside us, and, with time, this can become destructive for our being.

We become sick because most of the time we do not listen to ourselves. Following the teachings from Himalayan Sadhu and Gurus, ancient yoga helps to re-find the center in our lives, to re-connect to yourself, to create space and expansion within.

Yoga opens your body to allow emotions and traumas stored within to be released. Using breath as anchor, we witness our mind, and we break the pattern of being its servant.

YOGA IS THE UNION OF PRACTICES THAT INCLUDES:

Purification of the physical and mental body (shatkarma kriya); Guidelines of lifestyle from yogic philosophy (Yama & Niyama); Positions (Asana); Breathwork (Pranayama); Control of the senses (Pratyahara); and meditation.

All these practices are at the base of the tree of yoga, and the deeper the practice is, the more you will be able to be open to release, to bring balance, clarity and happiness to your life.

"Please bring your mat with you. Class are open air!"

PRIVATE LESSON

PRIVATE YOGA LESSON — 60 MIN

€ 80

60 MIN

Choose your favourite practice among: Hatha Yoga; Raja Yoga; Classical Kundalini; Yin; Restorative; Meditation or Pranayama (for max 3 pax).

PRIVATE YOGA LESSON — 90 MIN

€ 110

90 MIN

Choose your favourite practice among: Hatha Yoga; Raja Yoga; Classical Kundalini; Yin; Restorative; Meditation or Pranayama (for max 3 pax).

SOUND HEALING

SOUND HEALING SESSION WITH ALCHEMY CRYSTAL BOWLS

Sound Healing is one of the oldest forms of therapy known to mankind. It has been used around the world over the centuries to assist in a variety of healing processes.

Sound produces powerful vibrations and, as we are vibrational beings by nature, our structure is influenced and transformed by its movement.

The Alchemy Crystal bowls create both pure tones and harmonic overtones which have the ability to reset and re-tune the subtle energy field of our body, shift our brain waves, enhancing relaxation, creativity and physical release.

WHAT ARE THE ALCHEMY CRYSTAL BOWLS?

Crystal Tones® Alchemy Crystal Bowls are a one of a kind sonic tool that utilizes a proprietary quartz fusion patented-technology unique to each one of them. The tones produced by the bowls are not just heard by the ear, but also felt in our whole body, entraining with it at every level, from the very cellular structure to every organ and tissue, as well as more subtle aspects such as the psyche and the emotional system.

BENEFITS OF CRYSTAL BOWLS THERAPY

- Stress and anxiety relief
- Cellular regeneration
- Energetic and emotional clearing
- Life purpose connection
- Recovery from illness, trauma and medical treatments
- Assists through life challenges
- Increases vitality, creativity and motivation
- Promotes detoxification
- Strengthens the immune system

SOUND HEALING SESSION

€ 110

55 MIN

We are offering this unique service privately, for you, or with a partner of your choice, in the intimate atmosphere of your hotel room, or, if preferred, outside. The pure, high frequency sounds resonate and entrain with our physical, emotional and energetic bodies, bringing the possibility of clearing, cleansing and balancing at the cellular level.

PACKAGES

DEEP RELEASE MASSAGE & SONIC THERAPY

€ 200

60 MIN

While our masseur is working on your body through the activation of pressure points and meridians helping it to release tensions, stagnant emotions and stress, our sound therapist will gently introduce the exquisite sounds of the Crystal Alchemy Bowls, leading you to an even deeper state of relaxation and release. This package includes a selected herbal tea to enjoy in the comfort of your room after the treatment.

YOGA & SOUND BATH

€ 120

60 MIN

With each yoga posture and breathwork, you will be balancing and opening your energy centers at a physical and energetic level. Your body and soul are then more open and ready to receive and deeply feel the healing sounds of the Alchemy Crystal bowls, affecting directly your tissues, bones, cells and chakras on the deepest level, helping you to release stagnant energy, and bring you inner peace, joy and happiness. Offered in the comfort of your hotel room, or in the garden.