

Daily yoga sessions , except Mondays

17.00 – 18.00

Hatha Yoga

w/ Sophie

A gentle and grounding yoga practice designed to restore harmony between body, mind and breath. Through a mindful sequence of postures, controlled breathing and deep relaxation, Hatha Yoga invites guests to slow down, release tension and reconnect with themselves. In the tranquil setting of Momi Slow Living, this holistic experience enhances flexibility, balance and inner calm, offering a moment of refined serenity and well-being in its most authentic form.

18.15 – 19.15

Restorative / Yin

Inspired Yoga

w/ Sophie

A deeply calming and nourishing practice designed to invite stillness, softness, and complete release. Through gentle, long-held postures supported by mindful breathing, Restorative / Yin Inspired Yoga encourages the body to unwind, the mind to quiet, and the nervous system to rebalance. This soothing experience promotes flexibility, inner calm and a profound sense of renewal, offering guests a peaceful journey inward and a moment of pure restoration in the serene surroundings of Momi Slow Living.

