

HÔTEL CRILLON LE BRAVE



HOTEL & SPA

CRILLON LE BRAVE

PROVENCE

FITNESS MENU

For reservations, please contact our Concierge or our Spa des Ecuries.

COACHINGS

BOOKING IS REQUIRED 48H PRIOR
60 Mins 110€ / PERS - 90 Mins 150€ / PERS

YIN YOGA OR STRETCHINGS

A slow-paced, gentle practice focusing on flexibility and relaxation by targeting deep connective tissue. Yin Yoga is suitable for all levels.

YOGA VINYASA

A dynamic and sportive Yoga style where many different yoga poses are linked together with the breath in a flowing sequence.

PILATES

A mind-body exercise emphasizing core muscle strength, to improve physical strength, flexibility, and posture while enhancing mindfulness.

MEDITATION

A practice that involves training the mind to achieve a state of heightened awareness, inner peace and clarity by using a combination of mental and physical techniques.

SONOTHERAPY - SOUND HEALING

A holistic therapy that utilizes the therapeutic properties of sound vibrations to promote physical, emotional, and spiritual well-being.



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60 Mins 110€ / PERS - 90 Mins 150€ / PERS

MUSCULAR REINFORCEMENT

Targeted exercises and training techniques to improve the strength, endurance, and functionality of your skeletal muscles.

CARDIO TRAINING (HIGH INTENSITY INTERVAL TRAINING)

A highly effective and efficient form of exercise aimed at improving cardiovascular fitness, burning calories, and enhancing overall health.

BOOKING IS REQUIRED 24H PRIOR
45 Mins 80€ / PERS

PHYSICAL PREPARATION

Articular flexibility / Targeted exercises / Soft cardio workout / Core strength. This training can be adapted to your liking.

PHYSICAL RECOVERY

Specific stretching exercises to relax and ease solicited muscles and improve range of motion.

