

The Art of Movement

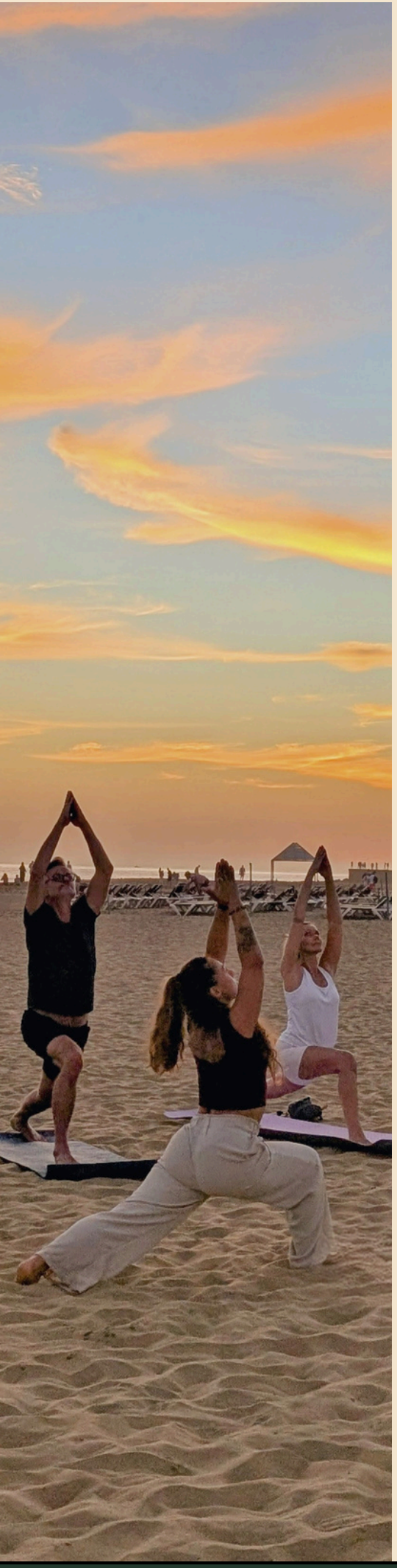
FITNESS · WELLNESS · MOVEMENT

EXPERIENCES THAT TURN SMALL MOMENTS OF A JOURNEY INTO SOMETHING TO REMEMBER.





YOGA ✦ DANCE & MOVEMENT ✦ FITNESS



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MORE THAN A CLASS

Travelling can also be an opportunity to come back to the body. To breathe differently. To move, recover, connect. To discover something new or simply pause for a moment.

This proposal brings together yoga, Pilates, mobility, breathwork, meditation, fitness and dance to create experiences for different ways of travelling and enjoying a stay.

From a private practice to a sunset session, a restorative morning after exploring the island or a shared dance experience.

Each activity is thoughtfully designed around the people, the place and the moment.

It is not just another activity on the schedule. It is an experience to remember.



AVAILABLE EXPERIENCES



SIGNATURE EXPERIENCES

Practices created around the space, the surroundings and different moments of the day.

Sunrise Flow · Slow Morning · Poolside Yoga · Sunset Reset · Terrace Energy

MOVEMENT & ENERGY

Rhythm-filled experiences designed to energise the body, connect and enjoy together.

Aquagym · Aquadance · Dance Fitness · Latin Dance · Bellydance · Spinning · Step · Functional Training



REGULAR PROGRAMMING

A flexible activity programme that gives every guest the opportunity to find their own way to move during their stay.

Yoga · Meditation · Pilates · Stretching · Dance · Aquagym · Training

PRIVATE EXPERIENCES

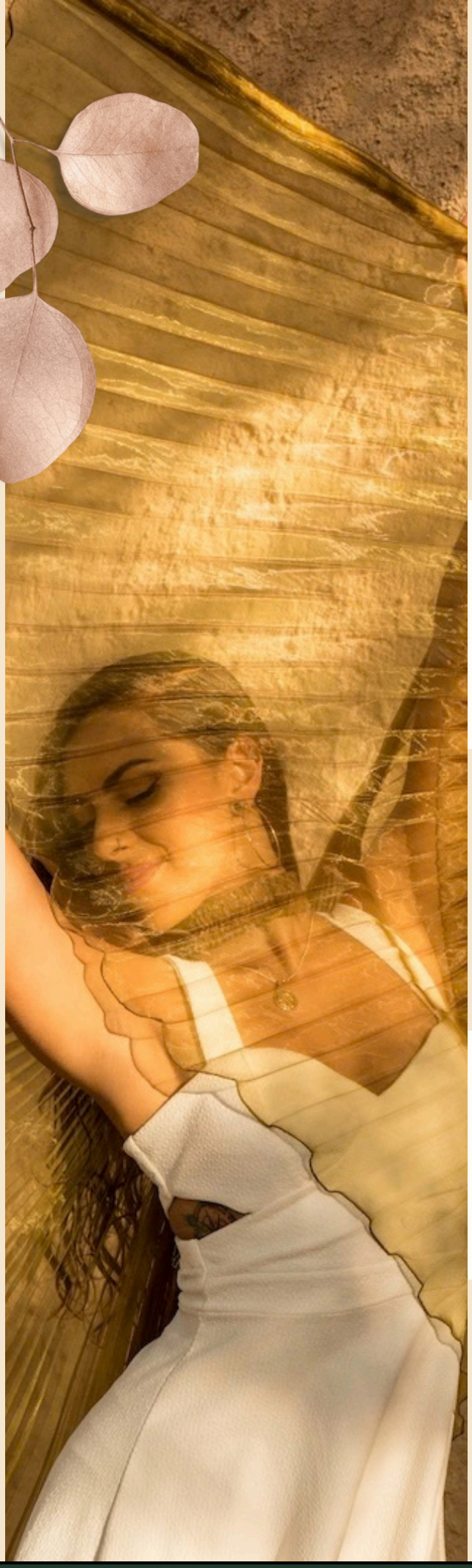
Personalised sessions for guests looking for a more intimate, attentive practice tailored to their individual needs.

Yoga · Pilates · Mobility · Recovery · Breathwork · Meditation

TAILOR-MADE

Programmes created specifically around an occasion, a group, a space or the identity of the hotel.

Events · Groups · Retreats · Celebrations · Weddings · Bridal Parties · Activations



SIGNATURE EXPERIENCES

SUNRISE FLOW

Start the day fully present.

A fluid practice combining yoga, mobility and breathwork to gradually awaken the body and begin the day with presence and energy.

SLOW MORNING

A morning with nowhere to rush.

Gentle movement, breathwork, stretching and meditation, with the possibility of combining the practice with breakfast, brunch, spa or another hotel experience.

POOLSIDE YOGA

Movement and wellbeing by the water.

Yoga and mobility in the relaxed atmosphere of the pool. An accessible practice to activate the body without interrupting the rhythm of the holiday.

SUNSET RESET

As the sun goes down, the pace slows too.

Gentle movement, stretching, breathwork and meditation to release tension, pause and finish with a few moments of stillness as the light begins to change.

TERRACE ENERGY

Energy, strength and movement outdoors.

Pilates, mobility and strengthening come together in an energising, adaptable session designed to make the most of terraces, rooftops and outdoor spaces.

Terraces · Rooftops · Gardens · Pools · Spa · Indoor · Outdoor
Experiences that adapt to the hotel's spaces.

MOVEMENT & ENERGY

DANCE & DISCOVER

A dance experience adaptable to the hotel's guest profile, inviting participants to learn new steps, explore different rhythms and enjoy movement with no experience required.

Salsa · Latin Rhythms · Tango · Bellydance · Jazz · Dance Hits



AQUA MOTION

A refreshing and dynamic experience that transforms the pool into a space to get active, move and have fun together.

Aquagym · Aquadance · Aquastretching



DANCE WORKOUT

A session where dance and training come together. Music, cardio and coordination combine in an energetic, accessible and enjoyable practice.

Dance Fitness · Zumba · Cardio Dance



POWER SESSIONS

Dynamic sessions for guests who want to stay active while on holiday, combining cardio, strength and endurance in workouts adaptable to different levels.

Spinning · Step · Circuit Training · Functional Training





REGULAR PROGRAMMING

A flexible movement and wellness programme allows different activities to become part of the hotel's daily rhythm, giving every guest a different way to move, enjoy and take care of themselves during their stay.

FITNESS

Activate · Strengthen · Mobilise

Sessions designed to keep the body active and develop strength, mobility and endurance, with options adaptable to different levels and guest profiles.

· Aquagym
· Spinning
· Step
· Functional Training
· Pilates
· Stretching
· Mobility

DANCE & MOVEMENT

Dance · Enjoy · Connect

Music and movement come together in dynamic sessions ranging from learning different dance styles to more cardiovascular and choreographed experiences.

· Salsa
· Aquadance
· Zumba
· Latin Dance
· Bellydance
· Tango
· Dance Hits
· Jazz
· Dance Fitness

WELLNESS

Breathe · Feel · Reconnect

Practices designed to slow down, cultivate awareness and connect body and breath, from active yoga sessions to moments of deeper stillness.

· Yin Yoga
· Dynamic Yoga
· Restorative Yoga
· Hatha Yoga
· Meditation
· Breathwork

Programming can be adapted to the season, occupancy, guest profile, available spaces and the individual rhythm of each hotel.

PRIVATE EXPERIENCES

Individual sessions, for couples or small groups, adapted to each guest's body, experience and needs.

YOGA ESSENTIALS

Start exactly where you are.

A clear introduction to the foundations of yoga. An accessible encounter with mindful movement, breathwork and meditation.

· Accessible Postures
· Individual Modifications
· Mobility
· Body Awareness
· Conscious Breathing
· Guided Meditation

Individual · Couples · Small Groups

Suitable for beginners.

BACK TO THE BODY

Gentle movement for active bodies.

A combination of practices designed to slow down, release tension and restore the body after flights, hiking, surfing, cycling, diving or active days.

· Gentle Yoga
· Restorative Postures
· Mobility
· Stretching
· Conscious Breathing
· Relaxation

Individual · Couples · Groups

Suitable for all levels.

STRENGTH & VITALITY

Keep moving.
Keep enjoying.

Build strength, balance, mobility and body awareness through a progressive and adaptable experience designed to keep the body active while on holiday.

· Pilates
· Strengthening
· Mobility
· Endurance
· Body Awareness
· Conscious Breathing

Individual · Couples · Groups

Suitable for all levels.





TAILOR-MADE

Some moments deserve something unique.

Innerthia brings different practices together to create a unique experience around **who will be there, where it will take place and how we want it to feel.**

BEFORE "I DO"
Gentle movement, breathwork, meditation and connection for the bride and the people closest to her.

TOGETHER
Private experiences for couples, friends or families looking to share a special moment during their journey. From a morning of yoga and meditation to an afternoon of dance and fun.

RETREATS & EVENTS
Movement and wellness programming for retreats, corporate events, groups and private gatherings.

HOTEL ACTIVATIONS
Moments created around specific dates, seasons or hotel initiatives (International Yoga Day, Wellness Days, Sunset Events and Seasonal Experiences).

Each proposal can be combined with other hotel services to create a more complete experience: breakfast, brunch, dinner, spa or other activities.



Inspired by the Moment

THE INNERTHIA EFFECT

A session may last an hour.
What it creates can go far beyond it.

When integrated into the hotel experience, movement and wellness can open up new ways to enjoy its spaces, connect with the surroundings, enrich the stay and strengthen the guest's relationship with the place.

WELLBEING

Creates moments of care, enjoyment and presence that enrich the stay and offer guests new ways to experience their time at the hotel.

SPACES

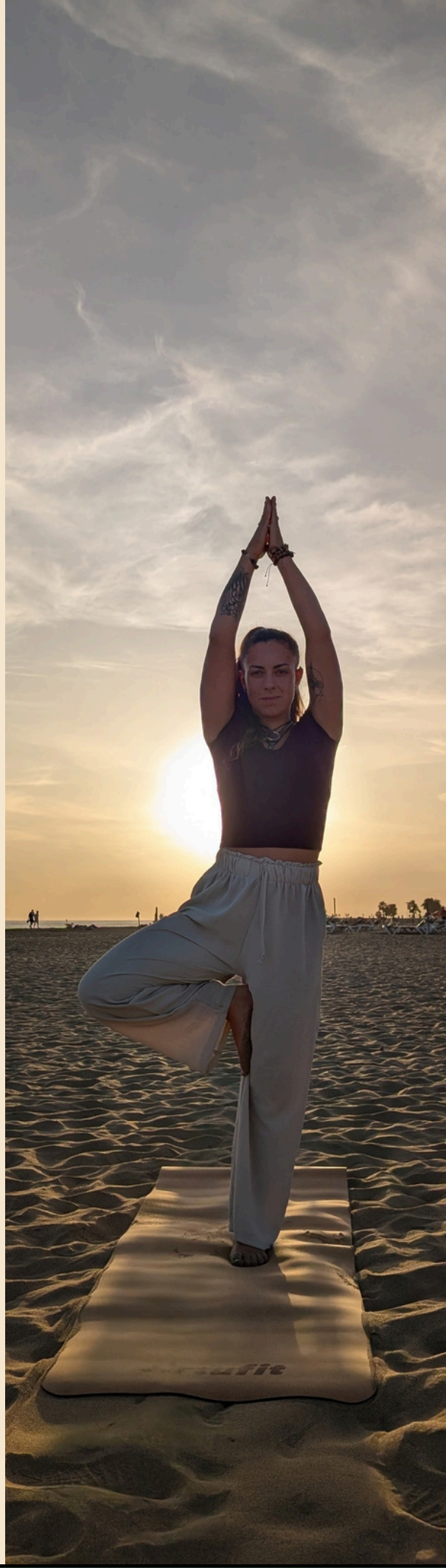
Brings terraces, gardens, pools and other areas of the hotel to life, turning the surroundings into an active part of the experience.

SYNERGIES

Can be integrated with dining, spa and other hotel services to create more complete experiences and new points of connection with guests.

IDENTITY

Thoughtful programming can strengthen the hotel's positioning around wellbeing, experience and lifestyle.





INNERTHIA'S ESSENCE

Innerthia was born from a simple desire: to create spaces where people can **slow down, return to the body, connect with their surroundings, express themselves and fully enjoy the moment.**

We do not see movement only as exercise.
Nor breath only as a technique.
Nor the surroundings as simply a backdrop.

Each can become a doorway to something more: **feeling the body, being present, connecting with the place and enjoying the experience of being here.**

This is where our way of creating comes from: accessible, thoughtfully designed experiences built around the people, the moment and the place.

BODY

Return to the body.

Accessible, adaptable movement that begins with each person, their needs and their own way of inhabiting the body.

SURROUNDINGS

Let the place become part of it.

A terrace, the ocean, the pool, the first light of the day. The surroundings are not simply a backdrop: they are part of the experience.

TIME

Live the moment.

Someone starting their day does not need the same thing as someone returning from exploring the island. Each experience responds to the rhythm of the stay.

CONNECTION

A place to come back to.

Hospitality and warmth help create bonds with ourselves, with others and with the place we inhabit during our journey.

WAYS TO WORK TOGETHER



01 · REGULAR PROGRAMMING

Regular sessions integrated into the hotel's activity programme, from yoga and Pilates to fitness, water activities and dance.

Format: per session · weekly programme · monthly collaboration · seasonal programme

02 · ACTIVATIONS & EVENTS

Experiences created for specific moments: seasons, special dates, wellness days, openings, events or hotel campaigns.

Format: one-off experience · activity package · specific dates



03 · PRIVATE EXPERIENCES

Individual, couples, family or small-group sessions that can be offered as bookable experiences during the stay.

Format: per session · per group · on request

04 · RETREATS & GROUPS

Movement and wellness programmes designed for retreats, private groups, incentive travel, teams and special events.

Format: tailor-made programme · personalised quote

Every hotel has its own rhythm. That's why each collaboration can take different forms depending on the season, occupancy, guest profile, and the goals of each property.

Rates and commercial proposals available according to the format and the hotel's specific needs.



IN PRACTICE

The proposals are designed to fit naturally into the hotel's daily operations, adapting to its spaces, resources, programming and guest profile.

SPACES

Activities can adapt to different areas of the hotel, from indoor rooms to terraces and outdoor spaces, making use of each setting according to the type of practice and moment.

Terraces · Rooftops · Gardens · Pools · Spa Areas · Indoor Spaces · Outdoor Spaces · Gyms

EQUIPMENT

The hotel provides the equipment required for each activity, such as yoga mats, training equipment, stationary bikes, steps, sound equipment or other specific items.

Innerthia defines the requirements of each session in advance to facilitate preparation and coordination.

DURATION

Most regular sessions are designed to last around one hour, with flexibility depending on the activity and programme.

45-75 min.*

PARTICIPANTS

Small to medium-sized groups, with capacity adjusted according to the activity, available equipment and space.

3-20 participants*

*Recommended format for most regular sessions, adaptable according to the activity and space. For private experiences, events and tailor-made proposals, both capacity and duration may vary.



Flexible by Nature.

DIFFERENT MOMENTS. DIFFERENT WAYS TO MOVE.

www.innerthia.com



BEHIND THE PROPOSAL

More than a decade exploring the body from different perspectives: dance, performance, teaching, yoga, fitness and hospitality.

Laura O.M. is a professional dancer, Yoga and Fitness Instructor and movement teacher. Her multidisciplinary training combines a deep understanding of the body, rhythm and expression with accessible practices focused on movement and wellbeing.

Her experience in the hospitality industry includes creating and leading activities for international guests, coordinating teams and developing activity programmes. The result is an approach where technique, creativity and hospitality come together with one shared purpose: **helping people enjoy being in their bodies.**

200H
Yoga Teacher Training · India

MASTER DEGREES
Yoga, Pilates & Sports Coaching

PROFESSIONAL DEGREE
Dance · Contemporary Dance Focus

HOSPITALITY
Fitness · Wellness · Guest Experience · Coordination

LANGUAGES
Spanish · English · French

Laura O.M.

LET'S CREATE SOMETHING WORTH REMEMBERING!

Every hotel has its own rhythm, its own spaces and an identity that makes it unique.

Let's create a proposal that grows from them and becomes part of the guest experience.

LET'S TALK!

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With the essence of:

INNERTHIA



