

LEFAY SPA WORLD

The Lefay SPA is an exclusive temple to wellness, where mind and body are regenerated through rediscovery of genuine emotions and a sense of inner harmony.

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THE PARK

IN THE SILENCE AND AMONG THE STARS: TRILOGY IN THE AIR.

Some of the activities that are an integral part of the Lefay SPA Method treatments take place in the Resort's large gardens, where three trim trails have been created among age-old trees and with a unique view.

RUNNING CIRCUIT

The Wind and the Hill, in Rhythm with your Stride

This trail winds for 2 km among hills and through woods, and has an overall altitude difference of approximately 150 metres.

FITNESS PATH

Shape and Colour

This trail consists of eight stations where exercises to improve tone and muscular elasticity can be carried out.

ENERGY AND THERAPEUTIC GARDEN

The Symbol of Life

This garden offers five different stations filled with symbolism and imbued with archetypal meanings. This trail evokes the rhythm of life and its various stages.

THE GREEN DRAGON

Located in the East, it represents the renewal of nature, the spring, the dawn of life. It is in the middle of a forest and is characterised by the element wood.

ACTIVITIES: *Stretching of the Meridians and Muscular Awakening.*

THE RED PHOENIX

It is positioned in the South and represents the culmination of energy, the summer, noon. The Red Phoenix is characterised by the red colour.

ACTIVITIES: *T'ai Qi e Qi Gong.*

THE WHITE TIGER

This is positioned in the West and it is the place of meditation. The colour white and metal benches dominate in this area.

ACTIVITIES: *Yoga e Qi Gong.*

THE BLACK TORTOISE

The Black Tortoise is found in a valley facing North. It features a rocky cave, a small river and benches of bare rock.

ACTIVITIES: *Qi Gong.*

THE CENTRE

This station is located in the centre of the energy healing garden, on a hill covered in yellow flowers.

ACTIVITIES: *Soft Stretching, T'ai Qi*

GROUP SESSIONS FREE OF CHARGE

PRIVATE TRAINING SESSIONS (duration 40 min.)

€ 90,00

We advise you to ask for the map of the garden at Lefay SPA Reception in order to facilitate the walk.