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SANTA MARINA  
WELLNESS  
EVENTS

SANTA MARINA  
MYKONOS

BREATHE  
STRENGTHEN  
ALIGN



## PILATES RESIDENCY AT SANTA MARINA MYKONOS

Set against the serene landscape of Santa Marina Mykonos, this immersive Pilates residency invites guests to reconnect through mindful movement, strength, and intentional practice.

Led by Daisy Nika, each 45-minute mat Pilates session is designed for all levels, focusing on full-body conditioning, posture, mobility, and deep core activation. Rooted in the principle of mind-body connection, every class encourages guests to move with awareness, presence, and intention.

Guests are invited to begin each session with a quiet moment of reflection and intention setting, creating space for mindfulness throughout the residency experience. Curated playlists – from grounding sunrise flows to uplifting sculpt sessions – further elevate the atmosphere, offering a fully immersive wellness journey inspired by the rhythm and beauty of Mykonos.

Alongside the group schedule, a limited number of private Reformer Pilates sessions with Daisy Nika will also be available upon request, offering personalized guidance within the serene setting of Santa Marina Mykonos.



MEET OUR INSTRUCTOR

**DAISY NIKA**

PILATES INSTRUCTOR

Daisy Nika is a Pilates instructor passionate about mindful movement, strength, and body awareness. Her approach combines sculpting Pilates techniques with intentional movement patterns designed to improve posture, stability, flexibility, and overall wellbeing.

Through dynamic yet accessible classes, Daisy creates an uplifting wellness experience that encourages guests to reconnect with themselves while moving with presence, control, and confidence within the serene setting of Santa Marina Mykonos.

## FRIDAY 19 JUNE

**19:00 - 19:45**

SUNSET STRETCH & SCULPT | CORE & MOBILITY

A slower-paced evening Pilates flow designed to lengthen the body, improve flexibility, and release accumulated tension. Combining gentle sculpting movements with mindful stretching, this session encourages restoration, balance, and relaxation at sunset.

## SATURDAY 20 JUNE

**09:00 - 09:45**

LOWER BODY SCULPT | GLUTES · HAMSTRINGS · INNER THIGHS

An energizing lower-body Pilates sculpt focused on toning the glutes, strengthening stabilizing muscles, and creating length and definition through the legs. Controlled movements and mindful transitions help build endurance, balance, and alignment.

**19:00 - 19:45**

UPPER BODY & POSTURE SCULPT | ARMS · SHOULDERS · POSTURE

A sculpting Pilates workout designed to strengthen the upper body while improving posture and body awareness. Through precise, controlled movements, guests will develop stability, mobility, and elegant strength throughout the arms, shoulders, and upper back.

## SUNDAY 21 JUNE

**19:00 - 19:45**

SUNSET LENGTHENING FLOW | MOBILITY · FLEXIBILITY · RECOVER

A deeply restorative Pilates flow created to release tension, improve mobility, and encourage full-body recovery. This calming sunset session focuses on mindful stretching, fluid movement, and breath awareness, leaving guests feeling lighter, longer, and renewed.

## MONDAY 22 JUNE

**09:00 - 09:45**

GLUTES & LEGS SCULPT | GLUTES · OUTER THIGHS · HAMSTRINGS

A targeted lower-body Pilates workout designed to tone and strengthen the legs while activating the glutes and stabilizing muscles. Dynamic yet accessible, this session combines sculpting sequences with mindful control to build strength and endurance.

**19:00 - 19:45**

CORE & BALANCE PILATES | STABILITY · CONTROL

A grounding Pilates class focused on deep core engagement, balance, and controlled movement. Through slow, intentional exercises, guests cultivate stability, coordination, and greater body awareness while strengthening from the inside out.

## TUESDAY 23 JUNE

**09:00 - 09:45**

TOTAL BODY PILATES SCULPT | FULL BODY

A dynamic full-body Pilates class combining core strengthening, glute activation, posture work, and upper-body sculpting. Designed to energize and challenge the entire body, this closing session leaves guests feeling strong, aligned, and deeply connected to themselves.

## A MINDFUL WELLNESS EXPERIENCE

Inspired by the natural beauty and calming energy of Santa Marina Mykonos, this Pilates residency is designed to offer guests a holistic wellness experience that goes beyond movement alone.

Through intentional practice, mindful reflection, curated music, and immersive Pilates sessions, guests are invited to slow down, reconnect, and experience a deeper sense of balance, strength, and inner clarity.

## RESIDENCY DETAILS

All Pilates sessions will take place at the Spa at Santa Marina Mykonos. The residency is offered complimentary for in-house guests of the resort. External guests are also welcome to attend selected sessions upon availability and with the applicable participation fee by contacting the Spa directly.

Guests are invited to join sessions freely according to their personal schedule and preferences. The residency is intentionally designed as a flexible wellness experience – offering mindful movement, balance, and wellbeing throughout the stay rather than a fixed or mandatory retreat program.

## WELLNESS INFORMATION

- All sessions are suitable for all levels.
- Guests may attend individual sessions based on their personal schedule and preference.
- Meeting point for all sessions is the Ginkgo Spa.
- Participation is complimentary for in-house guests.
- External guests may join selected sessions upon availability and with the applicable participation fee.
- Yoga mats and Pilates equipment will be provided.
- Advance booking is recommended due to limited availability.
- Private Reformer Pilates sessions with Daisy Nika are available upon request.



SANTA MARINA

MYKONOS

SANTA MARINA, A LUXURY COLLECTION RESORT, MYKONOS

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