

# ESPERIENCES

## FITNESS



### YOGA ABOVE VENICE ROOFS



Ca' Sagredo offers you an hour and a half yoga class, liven up by music. Which place could be better for your Sun Salutation than a spectacular terrace over the Gran Canal, with a Yoga teacher? A healthy vegan snack completes the wellness program. Inner peace and harmony are guaranteed!

The experience includes: 1 hour and a half private yoga class, vegan snack.



1 hour and a half



### RUN BETWEEN VENICE'S NARROW STREETS



Run with a personal trainer early in the morning and discover Venice at its awakening. An unique experience between the quiet and unknown streets (called «calli») or along Venice's walking banks along canals (called «fondamenta»), for an incomparable view over the lagoon. And if we find a coffee shop along the way... a well-deserved break!

From 6.30 to 9.00am: private jogging tour.  
The path and its length are decided by clients.



1 hour

[Max 4 people]



## A DAY ON THE BEACH



Nowhere else you may find the privilege of a beach in an exclusive atmosphere like when you are at the Lido di Venezia. A few minutes by boat away from St. Mark's square, a wellness oasis for movie stars and international VIP.



## LIDO GOLF GREENS



A day at the 18-holes golf field of the Circolo Golf Venezia. Among pine forest, sand dunes and the beach, its peculiar location halfway between the Adriatic sea and the lagoon makes this golf club one of the most charming golf resort, that is also among the oldest in Italy (1928). This very challenging golf course is in a WWF reserve dotted by the typical maritime pines, poplars and willows, increasing the difficulty of the game.