

## Portrait of Stephan Suh

Our Yoga and Qi-Gong presenter Stephan Suh is a graduate sports trainer and expert for internal and external martial and motion arts.



The native born Korean holds the 3rd Dan in Taekwondo, the national sport of Korea. He works as a personal trainer in Frankfurt and instructs trainers all over in Germany in the following disciplines:

Intensive Yoga, Fitbo ("X Do") and relaxation methods as "Dynamic Qi-Gong."

During our SMM he offers sport courses in Qi-Gong and Intensive Yoga. The meeting point for these sport activities is the outdoor pool at Hotel Elaphusa.

The daily sports program and upcoming events will be published every day in the "Today" section.

*DON'T PERFORM.  
OUTPERFORM.*

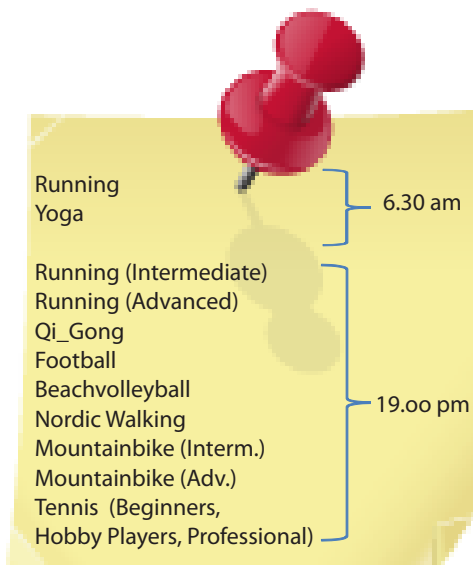
## Sports Program

Apart from Yoga and Qi-Gong courses, we offer a various sports program.

Feel free to take part in:

- Football (meeting point : football tent)
- Running (MP: Lobby Hotel Elaphusa)
- Beachvolleyball (MP: Beach Bar)
- Mountainbiking (MP: Poolbar Hotel Elaphusa)
- Tennis (MP: Club House)
- Nordic Walking (MP: Lobby Hotel Elaphusa)

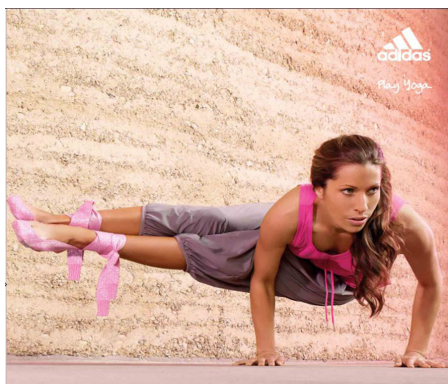
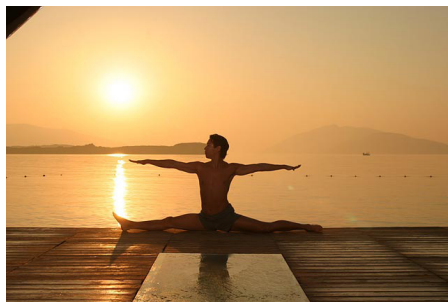
Enjoy!



## What is Qi-Gong?

Dynamic Qi-Gong is a holistic concept which combines breathing and movement exercises, with possible benefits to health through stress reduction and exercise. The Chinese term can be translated with "energy work." Qi-Gong supports the energy flow in the meridians which has a positive impact to body and soul.

This relaxation method offers an effective exercise for body and soul to rescue from everyday life.



PLAY A SPORT  
ON YOUR TERMS.  
PLAY YOGA.

## Intensive Yoga

Intensive Yoga was co-developed by Stephan Suh and is a combination of Hatha Yoga, Power Yoga and Iyengar Yoga. This special form of Yoga offers the possibility to stretch, stabilise and strengthen the back which plays nowadays an important role.

Running	– 7.00 am
Qi Gong	– 7.30 am
Yoga	– 8.00 am

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Break Out	– 19.30 pm
Dinner	– 20.00 pm