

ALMA MATER
Weekly
SCHEDULE
YOGA & FITNESS

MON	8:30 - 9:45 AM Prana Vinyāsa 4:00 - 5:00 PM Kids Meditation (6 to 9-yo)
TUE	7:30 - 8:30 AM FREE YOGA 9:00 - 9:30 AM FREE YOGA FOR KIDS (7-12yo) 11:30 - 12:45 AM Qi Qong
WED	6:30-7:30 AM FREE Guided Meditation 3:30 - 4:45 PM Rocket Yoga
THU	7:30 - 8:30 AM FREE YOGA CLASS 9:30 - 10:45 AM Power Yoga
FRI	6:30-7:30 AM FREE Guided Meditation 8:30 - 9:15 AM Early Breathwork/Pranayama 9:30 - 10:45 AM Kundalini Yoga 5:30-6:15 PM Yoga Nidra
SAT	9:00- 10:15 AM Hatha Yoga
SUN	9:30- 10:45 AM Restorative Yoga

Reserve your class at atividades@salemaecocamp.com until **4PM**

Please note that NOT ALL yoga classes are free.

The sessions marked has free are only free for guests staying at Salema Eco Camp.

Yoga Class pass 15€ (CASH ONLY PAID TO THE TEACHER).