

ALMA MATER

*Weekly*

# SCHEDULE

YOGA & FITNESS

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

Reserve your class at [actividades@salemaecocamp.com](mailto:actividades@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).