

ALMA MATER
Weekly
SCHEDULE
YOGA & FITNESS

MON	9:00 - 10:00 AM Inside Vinyasa 10:45 - 12:15 AM Breathwork for Mamas 17:30 - 18:30 PM NEW! Yoga Nidra
TUE	17:30 - 18:30 PM NEW! Yoga Nidra
WED	9:30 - 10:45 AM Power Yoga 17:30 - 18:30 PM NEW! Yoga Nidra
THU	11:30 - 12:45 AM Qi Qong 17:30 - 18:30 PM NEW! Yoga Nidra
FRI	9:30 - 10:45 AM Kundalini Yoga 17:30 - 18:30 PM NEW! Yoga Nidra
SAT	17:30 - 18:30 PM NEW! Yoga Nidra

Reserve your class at **atividades@salemaecocamp.com** until **5 PM**
Yoga Class pass 15€ (CASH ONLY PAID TO THE TEACHER).