



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@alemaecocamp.com** until 5 PM
Yoga Class pass 15€ (CASH ONLY PAID TO THE TEACHER).