

ALMA MATER
Weekly
SCHEDULE
YOGA & FITNESS
13 - 19 JULHO/JULY

SEG / MON	18:30 - 19:30 PM Yoga Nidra w/ Paul
TER / TUE	
QUA / WED	8:00 - 9:15 AM Yoga SĀDHANĀ w/ Mukta 9:30 - 10:45 M Power Yoga w/ Sara Soldado 18:30 - 19:30 PM Yoga Nidra w/ Paul
QUI / THU	
SEX / FRI	9:30 - 10:45 AM Kundalini Yoga w/ Agnieszka 11:00 - 12:15 PM Yoga SĀDHANĀ w/ Mukta 18:30 - 19:30 PM Yoga Nidra w/ Paul
SAB / SAT	18:30 - 19:30 PM Yoga Nidra w/ Paul

Reserve a sua aula **até às 17h** através do email **atividades@salemaecocamp.com**
Passe para aula de yoga: 15€ (PAGAMENTO APENAS EM DINHEIRO, DIRETAMENTE AO PROFESSOR)

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