

ALMA MATER
Weekly
SCHEDULE
YOGA & FITNESS

SEG / MON	15€ 18:30 - 19:30 Yoga Nidra with Paul
TER / TUE	FREE 7:45 - 8:45 Yoga Class with Michelle Bavaresco FREE 9:00 - 9:30 Yoga for Kids (ages 7 - 12) with Michelle Bavaresco
QUA / WED	FREE 6:45 - 7:30 Guided Meditation with Michelle Bavaresco 15€ 8:00 - 9:15 Yoga SĀDHANĀ with Mukta 15€ 9:30 - 10:45 Power Yoga with Sara Soldado 15€ 18:30 - 19:30 Yoga Nidra with Paul
QUI / THU	FREE 7:45 - 8:45 Yoga Class with Michelle Bavaresco
SEX / FRI	FREE 6:45 - 7:30 Guided Meditation with Michelle Bavaresco 15€ 9:30 - 10:45 Kundalini Yoga with Agnieszka 15€ 11:00 - 12:15 Yoga SĀDHANĀ with Mukta 15€ 18:30 - 19:30 Yoga Nidra with Paul
SAB / SAT	15€ 9:00 - 10:15 Hatha Yoga with Michelle Bavaresco 15€ 18:30 - 19:30 Yoga Nidra with Paul



Apenas para clientes alojados no
Salema Eco Camp.
Exclusively for guests staying at
Salema Eco Camp.



Pagamento em numerário,
diretamente ao professor.
Cash payment
directly to the teacher.

Reserve a sua aula **até às 18h** no
Quiosque de Atividades (WhatsApp +351 961 956 143)

Reserve your class **before 18:00** at the
Activities Kiosk (WhatsApp: +351 961 956 143)