

ALMA MATER
Weekly
SCHEDULE
 YOGA & FITNESS

SEG / MON	
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
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€ 11:00 - 12:15 Yoga SĀDHANĀ with Mukta
SAB / SAT	15€ 9:00 - 10:15 Hatha Yoga with Michelle Bavaresco



AULA GRATUITA / FREE CLASS

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



AULA PAGA / PAID CLASS

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)