ALMA MATER

Weekly

SCHEDULE

YOGA & FITNESS

SEG / MON	15€ **17:30 - 18:30 Yoga Nidra** with Paul
TER / TUE	FREE **9:00 - 10:00 Free Yoga** with Michelle Bavaresco
QUA / WED	15€ **8:00 - 9:15 Yoga SĀDHANĀ** with Mukta 15€ **9:30 - 10:45 Power Yoga** with Sara Soldado 15€ **11:15 - 12:30 Hatha Flow** with Michelle Bavaresco 15€ **17:30 - 18:30 Yoga Nidra** with Paul
QUI / THU	15€ **11:15 - 12:30 Hatha Flow** with Michelle Bavaresco
SEX / FRI	15€ **9:00 - 10:15 Hatha Flow** with Michelle Bavaresco 15€ **11:00 - 12:15 Yoga SĀDHANĀ** with Mukta 15€ **17:30 - 18:30 Yoga Nidra** with Paul
SÁB / SAT	15€ **9:00 - 10:15 Hatha Flow** with Michelle Bavaresco 15€ **17:30 - 18:30 Yoga Nidra** with Paul

FREE

AULA GRATUITA / FREE CLASS
Apenas para clientes alojados no Salema Eco Camp
Exclusively for guests staying at Salema Eco Camp

15€

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)