

ALMA MATER
Weekly
SCHEDULE
YOGA & FITNESS

MON	8:30 - 9:45 AM Strong Slow Flow Yoga 10:00 - 11:00 Meditation for Kids (6- 9-yo) 1:00 - 12:00 Meditation for Kids (10- 12-yo) 5:30 - 6:45 PM Holistic Fitness
TUE	7:30 - 8:30 AM FREE YOGA 9:00 - 9:30 AM FREE YOGA FOR KIDS (7-12yo) 5:30 - 6:45 PM Yang to Yin Yoga
WED	6:30-7:30 AM Free Guided Meditation 9:30 - 10:45 AM Strong Slow Flow Yoga
THU	7:30 - 8:30 AM FREE YOGA CLASS 9:30 - 10:45 AM Power Yoga 11:00 - 12:15 AM Holistic Fitness
FRI	6:30-7:30 AM FREE Guided Meditation 8:30 - 9:15 AM Early Breathwork/Pranayama 9:30 - 10:45 AM Kundalini Yoga 5:30-6:15 PM Yoga Nidra
SAT	9:30- 10:30 AM Hatha Yoga
SUN	9:30- 10:45 AM Restorative Yoga

Reserve your class at atividades@salemaecocamp.com or at the **EcoStore**
Yoga Class pass 15€ (CASH ONLY PAID TO THE TEACHER)
Free Yoga for guests