

YOGA WEEKS 2024



Yoga
Namaste
Relax
Mantra

Sat Nam
Asane
Goeroe
Chakra

DATES

- Option 1 4 to 8 of June 2024
- Option 2 2 to 6 of July 2024

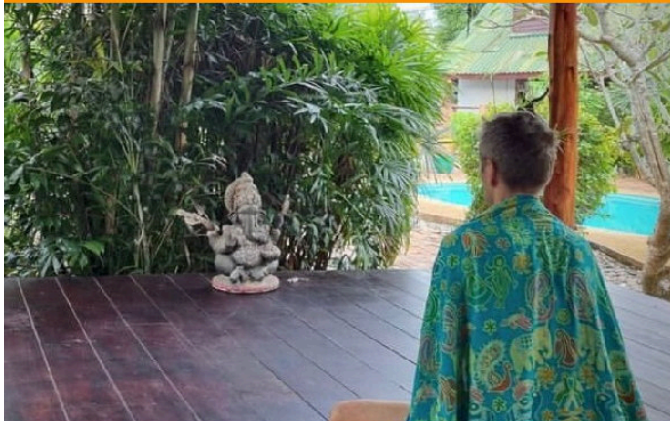


Option 1
4-8 June 2024

YOGAWEEK

Tuesday, 4 of June

Arrival
17:00 Balance classes (Volteio)
20:00 Dinner



Wednesday, 5 of June

07:00 Meditation
08:30 Breakfast
09:30 Yoga Lessons
11:30 Horse riding around Quinta
13:00 Lunch
14:00 Classes during the afternoon
20:00 Dinner
Fado Session

Thursday, 6 of June

07:00 Meditation
08:30 Breakfast
09:30 Horse riding along the River Zêzere
11:30 Yoga sessions by the River Zêzere
13:00 Lunch on the River Zêzere
17:30 Yoga relax
19:00 Visit to Quinta
20:00 Dinner

Friday, 7 of June

07:00 Meditation
08:30 Breakfast
09:30 Yoga Lessons
11:30 Horse riding around Quinta
13:00 Lunch
14:00 Classes during the afternoon
20:00 Dinner
Diploma Session

Saturday, 8 of June

07:00 Meditation
08:30 Breakfast
Departure



See you at
Yoga Weeks

Option 2
2-6 July 2024



YOGAWEEK

Tuesday, 2 of July

Arrival
17:00 Balance classes (Volteio)
20:00 Dinner



Wednesday, 3 of July

07:00 Meditation
08:30 Breakfast
09:30 Yoga Lessons
11:30 Horse riding around Quinta
13:00 Lunch
14:00 Classes during the afternoon
20:00 Dinner
Fado Session

Thursday, 4 of July

07:00 Meditation
08:30 Breakfast
09:30 Horse riding along the River Zêzere
11:30 Yoga sessions by the River Zêzere
13:00 Lunch on the River Zêzere
17:30 Yoga relax
19:00 Visit to Quinta
20:00 Dinner

Friday, 5 of July

07:00 Meditation
08:30 Breakfast
09:30 Yoga Lessons
11:30 Horse riding around Quinta
13:00 Lunch
14:00 Classes during the afternoon
20:00 Dinner
Diploma Session

Saturday, 6 of July

07:00 Meditation
08:30 Breakfast
Departure



See you at
Yoga Weeks