

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

PRICES

The price of this package in double room is €1.195,00
The price of this package in single room is €1.455,00



Conditions:

- A payment of 50% of the amount must be made when booking and the remaining payment 15 days before the arrival;
- With valid justification, possibility of rescheduling;
- All extras are paid directly in Quinta do Falcão.



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 do Falcão

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 Zézere

11:30 Yoga sessions by the River Zézere

13:00 Lunch on the River Zézere

17:30 Yoga relax

19:00 Visit to Quinta do Falcão

20:00 Dinner

Friday, 7 of June

07:00 Meditation

08:30 Breakfast

09:30 Horse riding along the River Zézere

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



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 do Falcão
13:00 Lunch
14:00 Afternoon classes
20:00 Dinner
Fado Session

Thursday, 4 of July

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

Friday, 5 of July

07:00 Meditation
08:30 Breakfast
09:30 Horse riding along the River Zézere
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

