



ABAMA  
WELLNESS

# FIRE

13TH-15TH MAY

## *Abama Wellness Weekend*

STRENGTH. BALANCE. INVERSION.

FRIDAY	09:00-10:15 h.	Fire element Philosophy & Hatha Vinyasa Yoga with Danah
SATURDAY	09:00-09:45 h.	Hatha Yoga with Sandra
	09:50-11:00 h.	Pranayama Restorative Yoga & Meditation Yoga with Danah
SUNDAY	09:15-10:00 h.	Ashtanga Hatha Yoga & basic inverted postures with Devi

For inscriptions please contact the reception desk at Las Terrazas or at +34 922 839 157  
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