



aldemar
HOTELS & SPA

www.aldemarhotels.com



**Free
of charge**
from July 11
till July 31

YOGA SUMMER Programme

Aldemar Hotels & Spa are offering guests an exclusive and free of charge daily option to enjoy Yoga classes during their summer stay. These are aimed at preparing both spirit and body for your daily activities. There is also an additional Yoga class in the evenings, specifically focused on relaxation and stretching, leaving you centered, relaxed and empowered after a day of fitness, fun and escape.

The complimentary Yoga classes are aimed at all levels and this means that if you have never tried yoga before, you will not feel intimidated! Bernadette Langer is a professional Jivamukti teacher and will assist each participant throughout the week.

The Aldemar Hotels & Spa summer 2012 Yoga experience is a great option for both beginners and advanced Yogis. All activities are developed with personalised attention to each guest's preferences and goals. Join the Yoga classes to tune up your body, mind and soul - we look forward to your participation.

With sunny regards and Namaste!

Aldemar Hotels & Spa



ROYAL MARE
World's Leading Thalasso & Spa Resort

