

# Weekly activities Quinta da Calma

*program example with approximate times, subject to change*

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
08:00 – 09.00		Yoga DEVY	Yoga DEVY		Yoga DEVY	Yoga DEVY	Yoga DEVY
10.00 - 12.30		Brunch	Brunch	Brunch	Breakfast (9.00am - 10.30 am)	Brunch	Brunch
10.00 - 11.45			Integral Yoga* Beginners DEVY		Integral Yoga* Intermediate PAVILLION		
12:00		Time for treatments and relaxation or visit to the beach	Time for visit to the beach & activities such as Stand Up Paddle* - relaxation & treatments	Stress Management * Workshop (2 hours) 11.30 - 13.30 DEVY	Local Craft & Farmers Market & Lunch (12.30 - 14.30)	SOS Reflex Workshop* <i>- learn to give yourself reflexology (extra costs to attend to this 2 hour workshop € 60,- p.p.)*</i>	
16:00	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	
17:00		Tai Chi - by Miguel DEVY		Tai Chi – by Miguel DEVY	Meditation ** 17:30 to 18:30 DEVY	Tai Chi – by Miguel DEVY	
19.00 - 20.45			Integral Yoga Iniciados * Beginners DEVY	Vinyasa Yoga * Level II DEVY			
19.15 - 21.00						Integral Yoga * Pavillion	
18.30 - 20.00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
20.00	Tai Chi DEVY		Gong Concert DEVY			Biodanza 20.00 - 22.00 DEVY	

**\* Class at a surcharges**

**\*\* Please note time on schedule board**