



WELLNESS CENTRE
LA MANGA CLUB

SUNRISE MINDFUL YOGA

TERRAZA HOTEL / HOTEL TERRACE
CADA MARTES / EVERY TUESDAY

Del 22 julio al 12 agosto 8:00 hrs

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From 22nd July to 12th August at 8:00 am

CLASE RELAJANTE PARA RECARGAR PILAS

La oportunidad ideal para liberar estrés y tensión corporal, calmando y relajando la mente.

A RELAXING, RESTORATIVE CLASS TO RECHARGE YOUR BATTERIES

Restore and renew with meditation and movement, reconnecting to your inner calm.

15€

IMPRESCINDIBLE RESERVAR
MANDATORY RESERVATION

Tel. 968 33 8101 ext. 6100

