



CENTRO DE APRENDIZAJE SHA - SHA LIFE LEARNING CENTER

Special Activity - Viernes/Friday
08:00 - 12:30
Paseo en Barco/ Boat Trip (5)
(Extra cost 90 Euros per person)

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Lunes Monday 30.07	Martes Tuesday 31.07	Miercoles Wednesday 01.08	Jueves Thursday 02.08	Viernes Friday 03.08	Sabado Saturday 04.08	Domingo Sunday 05.08
08:00 - 09:30 Camino por la playa (1) Walk to the beach	08:00 - 09:30 Paseo al faro (1) Walk to the lighthouse	08:00 - 09:30 Paseo por la montaña *** Walk to the mountain	08:00 - 09:30 Paseo al faro (1) Walk to the lighthouse	08:00 - 09:00 Paseo Nórdico - Intensidad Alta Nordic Walk - Advanced Level 09:00 - 10:00 Paseo Nórdico - Intensidad Baja Nordic Walk - Beginners Level	08:00 - 09:00 Paseo Nórdico - Intensidad Alta Nordic Walk - Advanced Level 09:00 - 10:00 Paseo Nórdico - Intensidad Baja Nordic Walk - Beginners Level	08:00 - 09:30 Camino por la playa (1) Walk to the beach
12:00 - 13:00 Aquatic Fitness (2)** Outdoor swimming pool Piscina exterior	12:00 - 13:00 Total Body Condition ***	12.00-13.00 Pilates	12:00 - 13:00 Aquatic Fitness (2)** Outdoor swimming pool Piscina exterior	12:00-13:00 GAP	12:00 - 13:00 Estiramientos Stretching*	12:00 - 13:00 Aquatic Fitness (2)** Outdoor swimming pool Piscina exterior
15:00 - 16:00 Clase de cocina Macrobiótica Macrobiotic cooking class	Club Sha 15:00 - 16:00 "Food Science/Food Mithology" (English) 17:00-18:00 Misa/Mass	Club Sha 15:00 - 16:00 "Macrobiotics products" (Español/English)	ClubSha 15:00-16:00 "Secretos Detox" (Español/English)	15:00 - 16:00 La receta del Chef Chef Recipe	Club Sha 15:00 - 16:00 "Food and Energy" (Español/English)	Club Sha 15:00 - 16:00 "Understanding stress" (English)
18:00 - 19:00 Estiramientos Stretching*	18:30 - 19:30 Tai Chi	18:00 - 19:00 Estiramientos Stretching* 19:30 - 20:00 GM Cocktail Cocktail con Director Restaurante Shamadi	18.00-19.00 Yoga	18:00 - 19:00 Meditación Meditation	18:00 - 19:00 Ai - chi Outdoor swimming pool Piscina exterior	19:30 Transporte a Altea (3) Transport to Altea
20:00 Restaurante Shamadi Cena - "Conociendo nuestra alimentación" Dinner - "Learn more about our nutrition"	21:30 - 22:30 Clases de Baile Dancing Class Club Sha	20:00 - 22:00 Piano Night Restaurante Shamadi	20:00 Guitar Night Restaurante Shamadi	22:00 Flamenco Show Sunset Terrace	20:00-22:00 Piano Night Restaurante Shamadi	22:00 Cine/ Cinema El Jardinero Fiel The Constant Garden English / Spanish subtitles

- Paseos. Punto de encuentro Recepción | Walks. Meeting Point Reception.
- Clases de Cocina. Sala Healthy Life | Cooking Class. Healthy Life Room
- Conocimiento | Educational Lectures
- Ejercicios. Sala Ghandi | Exercices. Ghandi Room
- Sala de Fitness | Fitness Area
- Terraza/Terrace Sunset
- Spa Piscina Exterior | Outdoor swimming pool

- (1) Inscríbase en Recepción 24hrs por anticipado | Subscribe at the Reception 24hrs in advance
- (2) Inscríbase en nuestra Area Wellness 24hrs por anticipado, 8 personas máximo | Subscribe at the Wellness Area 24hrs in advance, 8 person maxim.
- (3) Centro historico Altea | The historic centre of Altea
- (4) Cena en compañía de nuestros expertos en Nutrición Macrobiótica / Dinner with our Nutrition and Macrobiotic Experts
- (5) Minimo 4 personas, Incripciones hasta el Miercoles. / Minimum 4 persons. Subscribe till Wednesday
- * Muy suave | Very light ** Suave | Light *** Medio | Medium
- En caso de no haber inscriptos, las clases se cancelan automáticamente / Please note that classes will be automatically cancelled, if there is no inscriptio