

WELL  
NESS  
*month*

Balance your senses in  
this *wellbeing* experience

WELLNESS 2024  
JUNE 1<sup>st</sup> - 2<sup>nd</sup>



SATURDAY		SUNDAY	
1-JUNE		2-JUNE	
7:00 am - 12:00 pm	Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm	Cold Press Juicery Bar At the Lobby Bar
8:00 am	Yoga Class At TierraLuna Gardens		
1:00 pm	Cleaning and Auric Connection At the Beach		

ACTIVITIES & WORKSHOPS

- Stay Fit
- Workshop & Class
- Wellness Dining
- Yoga
- Spa Treatment

\*Reservation necessary, please RSVP @Spa Concierge Ext. 8110 | 8111 | 8112



MINDFULHABITS



SPA IMAGINE



SHARE YOUR EXPERIENCE  
#WellnessMonth

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>3-JUNE</b>	<b>4-JUNE</b>	<b>5-JUNE</b>	<b>6-JUNE</b>	<b>7-JUNE</b>	<b>8-JUNE</b>	<b>9-JUNE</b>
7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar
8:00 am Yoga Class At TierraLuna Gardens	8:00 am Yoga Class At TierraLuna Gardens	8:00 am Yoga Class At TierraLuna Gardens	8:00 am Yoga Class At TierraLuna Gardens	8:00 am Yoga Class At TierraLuna Gardens	8:00 am Yoga Class At TierraLuna Gardens	
3:00 pm Eyes of God Weaving Workshop At the Yoga Deck		3:00 pm Incense Holder Painting and Decoration Workshop At the Yoga Deck		2:00 pm Sushi Class At Hiroshi 3:00 pm Mud and Clay Master Class At the Beach		

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>10-JUNE</b>	<b>11-JUNE</b>	<b>12-JUNE</b>	<b>13-JUNE</b>	<b>14-JUNE</b>	<b>15-JUNE</b>	<b>16-JUNE</b>
7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar
8:00 am Yoga Class At TierraLuna Gardens	8:00 am Yoga Class At TierraLuna Gardens	8:00 am Yoga Class At TierraLuna Gardens	8:00 am Yoga Class At TierraLuna Gardens	8:00 am Yoga Class At TierraLuna Gardens	8:00 am Yoga Class At TierraLuna Gardens	
				2:00 pm Sushi Class At Hiroshi		
3:00 pm Eyes of God Weaving Workshop At the Yoga Deck		3:00 pm Incense Holder Painting and Decoration Workshop At the Yoga Deck		3:00 pm Pantry Workshop for Body Treatments At the Spa		

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>17·JUNE</b>	<b>18·JUNE</b>	<b>19·JUNE</b>	<b>20·JUNE</b>	<b>21·JUNE</b>	<b>22·JUNE</b>	<b>23·JUNE</b>
7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar
8:00 am Yoga Class At TierraLuna Gardens	8:00 am Yoga Class At TierraLuna Gardens	8:00 am Yoga Class At TierraLuna Gardens	8:00 am Yoga Class At TierraLuna Gardens	8:00 am Yoga Class At TierraLuna Gardens	8:00 am Yoga Class At TierraLuna Gardens	
3:00 pm Eyes of God Weaving Workshop At the Yoga Deck		3:00 pm Incense Holder Painting and Decoration Workshop At the Yoga Deck		2:00 pm Sushi Class At Hiroshi 3:00 pm Auto Facial Workshop At the Spa		

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>24·JUNE</b>	<b>25·JUNE</b>	<b>26·JUNE</b>	<b>27·JUNE</b>	<b>28·JUNE</b>	<b>29·JUNE</b>	<b>30·JUNE</b>
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3:00 pm Eyes of God Weaving Workshop At the Yoga Deck		3:00 pm Incense Holder Painting and Decoration Workshop At the Yoga Deck		2:00 pm Sushi Class At Hiroshi 1:00 pm Cleaning and Auric Connection At the Beach		

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