



Balance your senses in this
Indulgent wellbeing experience

WELLNESS 2022

OCTOBER 17th - 22nd

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17·OCT	18·OCT	19·OCT	20·OCT	21·OCT	22·OCT
7:00 am Cold Press Juicery Bar Orange Bar	7:00 am Cold Press Juicery Bar Orange Bar	7:00 am Cold Press Juicery Bar Orange Bar	7:00 am Cold Press Juicery Bar Orange Bar	7:00 am Cold Press Juicery Bar Orange Bar	8:00 am Karuna Meditation Giselle Sedinger & Omar Balan At the Beach
8:00 am to 10:00 am Breathe Life Therapeutic yoga and sound therapy with gong Guru Gyan Kaur & Kumiko At the Gran Salon		8:00 am Functional Training By Mariel Melhado At the Yoga Deck		8:00 am 5 Element Qigong By Karla Cabello At the Gran Salon	
	9:00 am Vinyasa Yoga By Lorena Bosci At the Yoga Deck	9:00 am Vinyasa Yoga By Lorena Bosci At the Snack Bar	9:00 am Vinyasa Yoga By Lorena Bosci At the Yoga Deck	9:00 am Vinyasa Yoga By Lorena Bosci At the Yoga Deck	9:00 am Vinyasa Yoga By Lorena Bosci At the Snack Bar
10:00 am Yoga Kids At the Kids Club		10:00 am Yoga Kids At the Kids Club	10:00 am Pulmonary Therapy By Enrique Covarrubias At the Jets Pool	10:00 am Yoga Kids At the Kids Club	
12:00 pm Aquaerobics Entertainment Team At the Pool	1:00 pm Facial Master Class By Spa Imagine At Spa Imagine	12:00 pm Aquaerobics Entertainment Team At the Pool		12:00 pm Aquaerobics Entertainment Team At the Pool	
	4:00 pm Spa at Home By Spa Imagine At the Roof Top		4:00 pm Spa at Home By Spa Imagine At the Yoga Deck		4:00 pm Clay Art Therapy By Karla Cabello At the Gran Salon

ACTIVITIES & WORKSHOPS

■ Stay Fit ■ Workshop ■ Nutrition Class
■ Yoga ■ Spa Treatment

*Reservation necessary, please RSVP @Spa Concierge (998) 1932600 Ext. 511



MINDFUL HABITS



SPA IMAGINE



SHARE YOUR EXPERIENCE
#wellness #taferexperience



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WELLNESS 2022

OCTOBER 24th - 31st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	MONDAY
24·OCT	25·OCT	26·OCT	27·OCT	28·OCT	29·OCT	31·OCT
7:00 am Cold Press Juicery Bar Orange Bar	7:00 am Cold Press Juicery Bar Orange Bar	7:00 am Cold Press Juicery Bar Orange Bar	7:00 am Cold Press Juicery Bar Orange Bar	7:00 am Cold Press Juicery Bar Orange Bar		7:00 am Cold Press Juicery Bar Orange Bar
8:00 am to 10:00 am Breathe Life Therapeutic yoga and sound therapy with gong. Guru Gyan Kaur & Kumiko At the Gran Salon	8:00 am Boot Camp By Dr. Robin Barret At the Beach		8:00 am Boot Camp By Dr. Robin Barret At the Beach		8:00 am Karuna Meditation Giselle Sedinger & Omar Balan At the Beach	8:00 am Karuna Meditation Giselle Sedinger & Omar Balan At the Gran Salon
	9:00 am Vinyasa Yoga By Lorena Bosci At the Snack Bar	9:00 am Vinyasa Yoga By Lorena Bosci At the Yoga Deck	9:00 am Vinyasa Yoga By Lorena Bosci At the Yoga Deck	9:00 am Yoga Thai By Omar Tzili At the Yoga Deck	9:00 am Yoga Thai By Omar Tzili At the Yoga Deck	9:00 am Yoga Thai By Omar Tzili At the Yoga Deck
10:00 am Yoga Kids At the Kids Club		10:00 am Facial Yoga By Lina Muñoz At the Yoga Deck		10:00 am Yoga Kids At the Kids Club		10:00 am Yoga Kids At the Kids Club
		11:00 am Beauty & Wellness Party By Dr. Marco Rios At the Gran Salon				
12:00 pm Aquaerobics Entertainment Team At the Pool		12:00 pm Aquaerobics Entertainment Team At the Pool		12:00 pm Aquaerobics Entertainment Team At the Pool		12:00 pm Aquaerobics Entertainment Team At the Pool
	1:00 pm Glow From Within - Hydrafacial At the Roof Top			1:00 pm Well - Living Moment By Natura Bissé In the Gran Salon	4:00 pm Spa at Home By Spa Imagine At the Yoga Deck	1:00 pm Well Aging Facial Meditation By Ayuna y Spa Arte At Spa Imagine
4:00 pm Herbal Therapy By Spa Imagine At the Pool		5:00 pm Magic Of Herbal Elements By Spa Imagine At Spa Imagine	4:00 pm Beautifulness Facial Meditation By Ayuna y Spa Arte At the Grand Salon		5:00 pm Facial Yoga By Lina Muñoz At the Yoga Deck	

ACTIVITIES & WORKSHOPS

Stay Fit Workshop Nutrition Class
Yoga Spa Treatment

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