



SPA IMAGINE

WELLNESS 2017

NOVEMBER 24th · DECEMBER 9th



MINDFULHABITS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19·NOV	20·NOV	21·NOV	22·NOV	23·NOV	24·NOV 9:00 am Kundalini Yoga by Prócoro H. The Orange Deck 10:30 am Fitness Training By Tania Balado The Orange Deck	25·NOV 9:00 am Boot Camp Fitness Models By Jamie & Erick De La Rosa The Orange Deck 10:30 am Watsu Therapy* By Spa Imagine Panoramic Pool
26·NOV	27·NOV 9:00 am Kundalini Yoga by Prócoro H. The Orange Deck 11:00 am Training By Jamie & Erick De La Rosa Gym 4:00 pm Anti Aging Secrets (English) By Yolanda Amador The Red Room	28·NOV 9:00 am Training By Jamie & Erick De La Rosa Gym 10:00 am Watsu Therapy* By Spa Imagine Panoramic Pool 5:00 pm The mind and who is in charge (Spanish) By Marisela Rodriguez The Red Room	29·NOV 9:00 am Kundalini Yoga by Prócoro H. The Orange Deck 10:00 am Reconnection workshop (Spanish) By Genoveva Mezzanine Salon 5:00 pm Boot Camp Fitness Models By Jamie & Erick De La Rosa Gym	30·NOV 9:00 am Boot Camp Fitness Models By Jamie & Erick De La Rosa The Orange Deck 4:00 pm Tibetan Singing Bowl Workshop By Iorch Quetzal Mezzanine Salon	01·DEC 9:00 am Kundalini Yoga by Prócoro H. The Orange Deck 11:00 am Training By Jamie & Erick De La Rosa The Orange Deck	02·DEC 9:00 am Rocket Yoga by Victor Rodriguez The Orange Deck
03·DEC	04·DEC 9:00 am Kundalini Yoga by Prócoro H. The Orange Deck 10:00 am Fitness Training by Tania Balado The Orange Deck 5:00 pm Ayurveda (Spanish) by Victor Rodriguez The Red Room	05·DEC 9:00 am Hatha Yoga by Michelle Santini The Orange Deck 4:00 pm Womb Blessing Meditation (English) By Miri Metztlíochitl Red Room 6:00 pm Traditional Mexican Full Moon Ceremony By Miri Metztlíochitl At the beach	06·DEC 9:00 am Kundalini Yoga by Prócoro H. The Orange Deck 12:00 pm Vegetarian culinary Workshop (English) by Abraham Tamez The Red Room 5:00 pm Root causes of actions (Spanish) By Anahi Reynosa The Red Room	07·DEC 9:00 am Yin Yoga by Michelle Santini The Orange Deck 10:00 am Sup Yoga by Sasha Panoramic Pool 5:00 pm Aromatherapy (Spanish) by Ibis de Teresa The Red Room	08·DEC 9:00 am Kundalini Yoga by Prócoro H. The Orange Deck	09·DEC 9:00 am Closure "Race for health" by Spa Imagine Around the Grounds 12:00 pm Vegan culinary Workshop (Spanish) by Abraham Tamez The Orange Deck 4:00 pm Wellness Festival by Spa Imagine The Orange Deck

Inspire yourself with a calm mind and a happy heart!

CLASSES & WORKSHOPS

Stay Fit Nutrition Class Yoga Workshop

* Reservation necessary, please RSVP @Spa Concierge Ext. 6262



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