

WELLNESS 2018

NOVEMBER 19th . 30th



MINDFULHABITS



SPA IMAGINE



SHARE YOUR EXPERIENCE
#wellness #taferexperience

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
19·NOV 8:00 am Kayak & Snorkeling To Los Arcos 9:00 am Kundalini Yoga By Prócoro At the Beach 10:45 am Opening Ceremony The Gym 11:00 am Boot Camp Jamie & Erik de la Rosa / The Gym	20·NOV 8:00 am Kayak & Snorkeling To Los Arcos 9:00 am Boot Camp Jamie & Erik de la Rosa / At the Beach 10:00 am Hiking 10:00 am Janzzu Class By Gema Yerena Panoramic Pool 2:00 pm Workshop Healty food By Erik de la Rosa The Terrace	21·NOV 8:00 am Kayak & Snorkeling To Los Arcos 9:00 am Kundalini Yoga By Prócoro At the Beach 10:00 am Hiking Advanced 11:00 am Boot Camp Jamie & Erik de la Rosa / The Gym 1:00 pm Baño Gong By Iorch Quetzal Red Room	22·NOV 8:00 am Kayak & Snorkeling To Los Arcos 9:00 am Boot Camp Jamie & Erik de la Rosa / At the Beach 10:00 am Hiking 10:00 am Janzzu Class By Gema Yerena Panoramic Pool 2:00 pm Natural Juice Workshop The Terrace	23·NOV 8:00 am Kayak & Snorkeling To Los Arcos 9:00 am Kundalini Yoga By Prócoro At the Beach 10:00 am Hiking Advanced 10:30 am Boot Camp Jamie & Erik de la Rosa The Orange Deck 1:00 pm Womb Blessing Meditation (English) Miri Metztlixóchitl Red Room 6:00 pm Traditional Mexican Full Moon Ceremony Miri Metztlixóchitl At the Beach	24·NOV 8:00 am Kayak & Snorkeling To Los Arcos 9:00 am Fit-Yasa Yoga By Salila Thuy At the Orange Deck 10:00 am Hiking 11:00 am Boot Camp Jamie & Erik de la Rosa / The Gym 1:00 pm Meditation Sesion By Victor Rodriguez Red Room	25·NOV
26·NOV 8:00 am Kayak & Snorkeling To Los Arcos 9:00 am Fit-Yasa Yoga By Salila Thuy Orange Deck 10:00 am Hiking Advanced 11:00 am SupYoga By Bonnie Ringer Panoramic Pool 2:00 pm Macrobiotic food By Lizbeth Navarro The Terrace	27·NOV 8:00 am Kayak & Snorkeling To Los Arcos 9:00 am Fit-Yasa Yoga By Salila Thuy At the River Deck 10:00 am Hiking 11:00 am SupYoga By Bonnie Ringer Panoramic Pool 4:00 pm Aromatherapy Workshop By Ibis de Teresa Red Room	28·NOV 8:00 am Kayak & Snorkeling To Los Arcos 9:00 am Yoga Bliss By Bonnie Ringer At the River Deck 10:00 am Hiking Advanced	29·NOV 8:00 am Kayak & Snorkeling To Los Arcos 9:00 am Yoga Bliss By Bonnie Ringer At the Beach 10:00 am Hiking	30·NOV 8:00 am Kayak & Snorkeling To Los Arcos 9:00 am "Race for health" Comisariato 11:00 am SupYoga By Bonnie Ringer Panoramic Pool	<h1>CLASSES & WORKSHOPS</h1> <p><i>Inspire yourself with a calm mind and a happy heart!</i></p> <p> Stay Fit Nutrition Class Yoga Workshop </p> <p>* Reservation necessary, please RSVP @Spa Concierge Ext. 6262</p>	