

# WELLNESS 2021

DECEMBER 6<sup>th</sup> - 16<sup>th</sup>



MINDFULHABITS



SPA IMAGINE



SHARE YOUR EXPERIENCE  
#wellness #taferexperience

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<b>CLASSES &amp; WORKSHOPS</b>  <i>Inspire yourself with a calm mind and happy heart!</i>  <span style="color: yellow;">■</span> Stay Fit <span style="color: blue;">■</span> Yoga <span style="color: green;">■</span> Nutrition Class <span style="color: purple;">■</span> Workshop <span style="color: teal;">■</span> Spa Treatment  <small>* Reservation necessary, RSVP Ext. 1306   1307</small>
6-DEC	7-DEC	8-DEC	9-DEC	10-DEC	
<b>8:00 am</b> <span style="color: blue;">■</span> Meditation By Carlos Corona At Spa Imagine	<b>8:00 am</b> <span style="color: blue;">■</span> Meditation By Carlos Corona At Spa Imagine	<b>8:00 am</b> <span style="color: blue;">■</span> Vinyasa Yoga By Gaby de la Rosa At Hiroshi Terrace	<b>8:00 am</b> <span style="color: blue;">■</span> Naam Yoga By Gaby de la Rosa At Orange Tree		
			<b>9:30 am</b> <span style="color: blue;">■</span> Sound Meditation with Ceremonial Drums By Fabian Burr At Ocean View Banquet Hall, Next to Suite 1042	<b>10:00 am</b> <span style="color: purple;">■</span> Healing Herbs Workshop By Spa Team At Ocean View Banquet Hall, Next to Suite 1042	
<b>12:00 pm</b> <span style="color: purple;">■</span> Master Class Natura Bisse By Spa Team At Spa Imagine	<b>12:00 pm</b> <span style="color: purple;">■</span> Master Class "Your Best Skin" By Spa Team At Spa Imagine	<b>11:00 am</b> <span style="color: yellow;">■</span> Lower Body Routine By Alejandro Vigil At Gym		<b>12:00 pm</b> <span style="color: green;">■</span> Vegan Cooking Demo By Chef Eugene Rocha At Robatta	
	<b>4:00 pm</b> <span style="color: purple;">■</span> Healing Herbs Workshop By Spa Team At Spa Imagine	<b>5:00 pm</b> <span style="color: blue;">■</span> Cacao Ritual By Fabiana Burr At Ocean View Banquet Hall, Next to Suite 1042	<b>4:00 pm</b> <span style="color: blue;">■</span> Cacao Ritual By Fabiana Burr At Ocean View Banquet Hall, Next to Suite 1042	<b>4:00 pm</b> <span style="color: blue;">■</span> Hatha Yoga By Kate Drapova At Orange Tree	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY		
13-DEC	14-DEC	15-DEC	16-DEC		
		<b>8:00 am</b> <span style="color: blue;">■</span> Vinyasa Yoga By Gaby de la Rosa At Hiroshi Terrace	<b>8:00 am</b> <span style="color: blue;">■</span> Naam Yoga By Gaby de la Rosa At Orange Tree		
<b>11:00 am</b> <span style="color: yellow;">■</span> Work Out "Injury Prevention" By Alejandro Vigil At Gym	<b>11:00 am</b> <span style="color: yellow;">■</span> Hiit Work Out By Alejandro Vigil At Gym	<b>11:00 am</b> <span style="color: teal;">■</span> Binary Technology Demo "Rebalance & Regenerate" By Spa Team At Spa Imagine			
<b>12:00 pm</b> <span style="color: purple;">■</span> Master Class Natura Bisse By Spa Team At Spa Imagine	<b>12:00 pm</b> <span style="color: purple;">■</span> Master Class "Your Best Skin" By Spa Team At Spa Imagine		<b>12:00 pm</b> <span style="color: green;">■</span> Vegan Cooking Demo By Chef Antonio Quijas At Robatta		
	<b>4:00 pm</b> <span style="color: blue;">■</span> Hatha Yoga By Kate Drapova At Orange Tree		<b>5:00 pm</b> <span style="color: blue;">■</span> Hatha Yoga By Kate Drapova At Beach of Garza Blanca		

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with a calm mind  
and happy heart!*

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NESS  
by  SPA IMAGINE | 2021