

# WELLNESS 2019

## NOVEMBER 18<sup>TH</sup> - 30<sup>TH</sup>



MINDFULHABITS



SPA IMAGINE



SHARE YOUR EXPERIENCE  
#wellness #taferexperience

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>18·NOV</b> <b>8:00 am</b> Kayak & Snorkeling To Los Arcos <b>9:00 am</b> Kundalini Yoga By Procoro At the Beach <b>10:00 am</b> Hiking <b>11:00 am</b> Janzu Therapy By Gema Yerena Panoramic Pool <b>11:00 am - 5:00 pm</b> NATURA BISSÉ-BUBBLE PURE AIR Exclusive promotion in the purchase of any NB facial treatment Red room	<b>19·NOV</b> <b>8:00 am</b> Kayak & Snorkeling To Los Arcos <b>9:00 am</b> Fit-Yasa Yoga By Salila Thuy Orange Deck <b>10:00 am</b> Hiking <b>4:00 pm</b> Aromatherapy By Ibis De Teresa Red room <b>11:00 am - 5:00 pm</b> NATURA BISSÉ-BUBBLE PURE AIR Exclusive promotion in the purchase of any NB facial treatment Red room	<b>20·NOV</b> <b>8:00 am</b> Kayak & Snorkeling To Los Arcos <b>9:00 am</b> Fit-Yasa Yoga By Salila Thuy River Deck <b>10:00 am</b> Hiking <b>11:00 am</b> Compost Making By Diveana Ortega At Nursery (Vivero) <b>3:00 pm</b> Caring for the Environment By Organización Corazon de Mar Red room <b>11:00 am - 5:00 pm</b> NATURA BISSÉ-BUBBLE PURE AIR Exclusive promotion in the purchase of any NB facial treatment Red room	<b>21·NOV</b> <b>8:00 am</b> Kayak & Snorkeling To Los Arcos <b>9:00 am</b> Fit-Yasa Yoga By Salila Thuy At the Beach <b>10:00 am</b> Hiking <b>11:00 am</b> Sup Yoga By Bonnie Ringer Panoramic Pool <b>1:00 pm</b> Cell Medicine By Dra. Jeanett Red Room <b>2:00 pm</b> Focused Breathing By Sofia Chávez Red Room <b>11:00 am - 5:00 pm</b> NATURA BISSÉ-BUBBLE PURE AIR Exclusive promotion in the purchase of any NB facial treatment Red room	<b>22·NOV</b> <b>8:00 am</b> Kayak & Snorkeling To Los Arcos <b>9:00 am</b> Fit-Yasa Yoga By Salila Thuy Orange Deck <b>10:00 am</b> Hiking <b>11:00 am</b> Sup Yoga By Bonnie Ringer Panoramic Pool <b>1:00 pm</b> Cell Medicine Dra. Jeanett Preciado The Terrace <b>11:00 am - 5:00 pm</b> NATURA BISSÉ-BUBBLE PURE AIR Exclusive promotion in the purchase of any NB facial treatment Red room	<b>23·NOV</b> <b>8:00 am</b> Kayak & Snorkeling To Los Arcos <b>9:00 am</b> Yoga Bliss By Bonnie Ringer At the Beach <b>10:00 am</b> Hiking <b>11:00 am</b> Janzu Therapy By Gema Yerena Panoramic Pool <b>11:00 am - 5:00 pm</b> NATURA BISSÉ-BUBBLE PURE AIR Exclusive promotion in the purchase of any NB facial treatment Red room	<b>24·NOV</b>
<b>25·NOV</b> <b>8:00 am</b> Kayak & Snorkeling To Los Arcos <b>9:00 am</b> Kundalini Yoga By Procoro At the Orange Deck <b>10:00 am</b> Hiking <b>11:00 am</b> Sup Yoga By Bonnie Ringer Panoramic Pool <b>3:00 pm</b> Boot Camp By Eric & Jamie De La Rosa / Gym	<b>26·NOV</b> <b>8:00 am</b> Kayak & Snorkeling To Los Arcos <b>9:00 am</b> Yoga Bliss By Bonnie Ringer At the Beach <b>10:00 am</b> Hiking <b>11:00 am</b> Boot Camp By Eric & Jamie De La Rosa / Gym <b>4:00 pm</b> Baño Gong By Iorch Quetzal Red Room <b>6:00 pm</b> New Moon Ceremony By Iorch Quetzal At the beach	<b>27·NOV</b> <b>8:00 am</b> Kayak & Snorkeling To Los Arcos <b>9:00 am</b> Yoga Flow By Karoll González At the Rooftop <b>10:00 am</b> Hiking <b>11:00 am</b> Sup Yoga By Bonnie Ringer Panoramic Pool <b>1:00 pm</b> Organic Garden By Isabel Salazar Nursery (Vivero) <b>3:00 pm</b> Boot Camp By Eric & Jamie De La Rosa / Gym	<b>28·NOV</b> <b>8:00 am</b> Kayak & Snorkeling To Los Arcos <b>9:00 am</b> Yoga Rocket By Víctor Rodríguez At the Orange Deck <b>10:00 am</b> Hiking <b>11:00 am</b> Boot Camp By Eric & Jamie De La Rosa / Gym <b>1:00 pm</b> Making Natural Juices By Rosa González The Terrace	<b>29·NOV</b> <b>8:00 am</b> Kayak & Snorkeling To Los Arcos <b>9:00 am</b> Kundalini Yoga By Procoro At the Beach <b>10:00 am</b> Hiking <b>11:00 am</b> Boot Camp By Eric & Jamie De La Rosa / Gym <b>3:00 pm</b> Meditation By Víctor Rodríguez Red Room	<b>30·NOV</b> <b>8:00 am</b> Kayak & Snorkeling To Los Arcos <b>"Race for Health"</b> Comisariato	<b>CLASSES &amp; WORKSHOPS</b> <i>Inspire yourself with a calm mind and a happy heart!</i> <ul style="list-style-type: none"> <li><span style="color: yellow;">■</span> Stay Fit</li> <li><span style="color: teal;">■</span> Yoga</li> <li><span style="color: green;">■</span> Nutrition Class</li> <li><span style="color: purple;">■</span> Workshop</li> <li><span style="color: lightgreen;">■</span> Spa Treatment</li> </ul> <p>* Reservation necessary, please RSVP @Spa Concierge Ext. 6262</p>