



Balance your senses in this  
Indulgent wellbeing experience

**WELLNESS 2022**  
OCTOBER 1<sup>st</sup> - 8<sup>th</sup>

SATURDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1-OCT	3-OCT	4-OCT	5-OCT	6-OCT	7-OCT	8-OCT
		<b>8:00 am</b> Watsu Therapy At Village Spa		<b>8:00 am</b> Partner Wod By Veronica Estrada At the Zak Bar		
<b>9:00 am</b> Yoga Bliss By Bonnie Ringer At the Pier	<b>9:00 am</b> Yoga Bliss By Bonnie Ringer At the Pier	<b>9:00 am</b> Yoga Bliss By Bonnie Ringer At the Pier	<b>9:00 am</b> Yoga Bliss By Bonnie Ringer At the Pier	<b>9:00 am</b> Yoga Bliss By Bonnie Ringer At the Pier	<b>9:00 am</b> Yoga Thai By Omar Tzili At the Pier	<b>9:00 am</b> Yoga Thai By Omar Tzili At the Pier
<b>10:00 am</b> Opening Mayan Ritual By Jesus Enrique At the Bonfire			<b>10:00 am</b> Pulmonary Therapy By Enrique Covarrubias At the Jets Pool		<b>10:00 am</b> Well - Living Moment By Natura Bissé In the Penthouse	<b>10:00 am</b> Sound Meditation By Lina Muñoz At the Zak Bar
			<b>11:00 am</b> Face Yoga By Lina Muñoz At the Spa Bonfire			
<b>12:00 pm</b> Aquagym Entertainment Team At the Main Pool	<b>12:00 pm</b> Dancefit By Veronica Estrada At the Zak Bar			<b>12:00 pm</b> Aquagym Entertainment Team At the Main Pool	<b>12:00 pm</b> Aquagym Entertainment Team At the Main Pool	<b>12:00 pm</b> Aquagym Entertainment Team At the Main Pool
<b>4:00 pm</b> Dance Lessons Entertainment Team At the Main Pool	<b>4:00 pm</b> Clay Art Therapy By Karla Cabello At the Bonfire	<b>4:00 pm</b> Dance Lessons Entertainment Team At the Main Pool		<b>4:00 pm</b> Dance Lessons Entertainment Team At the Main Pool	<b>4:00 pm</b> Cacao Ceremony By Luis Zepeda At the Bonfire	<b>4:00 pm</b> Dance Lessons Entertainment Team At the Main Pool
			<b>5:00 pm</b> Spa Pantry Entertainment Team At the Main Pool			
		<b>6:00 pm</b> 5 Element Qigong By Karla Cabello At the Pier				

**ACTIVITIES & WORKSHOPS**

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

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



MINDFULHABITS



Village Spa



SHARE YOUR EXPERIENCE  
#wellness #taferexperience



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# WELLNESS 2022

OCTOBER 10<sup>th</sup> - 15<sup>th</sup>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>10·OCT</b>	<b>11·OCT</b>	<b>12·OCT</b>	<b>13·OCT</b>	<b>14·OCT</b>	<b>15·OCT</b>
<b>8:00 am to 10:00 am</b> <b>Breathe Life</b> Therapeutic yoga and sound therapy with gong Guru Gyan Kaur & Kumiko At the Casona	<b>8:00 am</b> <b>Watsu Therapy</b> At Village Spa	<b>8:00 am</b> <b>Karuna Meditation</b> Giselle Sedinger & Omar Balan		<b>8:00 am</b> <b>Partner Wod</b> By Veronica Estrada At the Zak Bar	<b>8:00 am</b> <b>Karuna Meditation</b> Giselle Sedinger & Omar Balan
	<b>9:00 am</b> <b>Vinyasa Yoga</b> By Lina Muñoz At the Pier	<b>9:00 am</b> <b>Yoga Thai</b> By Omar Tzili At the Zak Bar	<b>9:00 am</b> <b>Ashtanga Vinyasa Yoga</b> By Lina Muñoz At the Pier	<b>9:00 am</b> <b>Vinyasa Krama</b> By Lina Muñoz At the Zak Bar	<b>9:00 am</b> <b>Hatha Yoga</b> By Lina Muñoz At the Pier
		<b>10:00 am</b> <b>Pulmonary Therapy</b> By Enrique Covarrubias At the Jets Pool			
<b>12:00 pm</b> <b>Aquagym</b> Entertainment Team At the Main Pool	<b>12:00 pm</b> <b>Aquagym</b> Entertainment Team At the Main Pool		<b>12:00 pm</b> <b>Aquagym</b> Entertainment Team At the Main Pool	<b>12:00 pm</b> <b>Aquagym</b> Entertainment Team At the Main Pool	<b>12:00 pm</b> <b>Aquagym</b> Entertainment Team At the Main Pool
		<b>1:00 pm</b> <b>Less Is Beauty Facial Meditation</b> In the Penthouse	<b>1:00 pm</b> <b>Glow From Within - Hydrafacial</b> At the Lobby's Terrace		<b>1:00 pm</b> <b>Beautifulness Facial Meditation</b> In the Penthouse
	<b>4:00 pm</b> <b>Signature Purification Ceremony</b> At the Pier		<b>4:00 pm</b> <b>Dance Lessons</b> Entertainment Team At the Main Pool	<b>4:00 pm</b> <b>Spa Pantry</b> At Village Spa	<b>4:00 pm</b> <b>Dance Lessons</b> Entertainment Team At the Main Pool
<b>5:00 pm</b> <b>Spa Pantry</b> At Village Spa			<b>6:00 pm</b> <b>Jade Woman Ceremony</b> By Karla Cabello At the Beach	<b>5:00 pm</b> <b>Cacao Ceremony</b> By Luis Zepeda At the Beach	<b>5:00 pm</b> <b>Closure Mayan Ritual</b> By Luis Zepeda At the Beach

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