

WELL
NESS
month

Balance your senses in
this *wellbeing* experience

WELLNESS 2024
JUNE 1st - 2nd



SATURDAY	SUNDAY
1·JUNE	2·JUNE
	8:00 am Cardio Workout By Danielle Dinunzio At the Garza Blanca Beach
9:00 am Zumba Dance Fit At Deck TierraLuna	
10:00 am Botanical Garden Tour At TierraLuna	
	5:00 pm Purifying Ceremony By Miriam At Deck TierraLuna

Limited number of people per activity.

**ACTIVITIES &
WORKSHOPS**

- Stay Fit
- Workshop & Class
- Wellness Dining
- Yoga
- Spa Treatment

* \$20 usd Additional fee

Reservation necessary, please RSVP @Spa Concierge Ext. 6261 | 6262 | 6265 | spaimagine@hotelmousai.com



MINDFULHABITS



SPA IMAGINE



SHARE YOUR EXPERIENCE
#WellnessMonth

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3-JUNE	4-JUNE	5-JUNE	6-JUNE	7-JUNE	8-JUNE	9-JUNE
8:00 am Sunrise Meditation By Paola Contreras At Forum TierraLuna		8:00 am Sound Meditation Healing By Paola Contreras At Forum TierraLuna				8:00 am Cardio Workout By Danielle Dinunzio At the Garza Blanca Beach
9:00 am Kundalini Yoga At Deck TierraLuna	9:00 am Zumba Dance Fit At Deck TierraLuna	9:00 am Tai Chi Class At Deck TierraLuna	9:00 am Cardio Workout By Danielle Dinunzio At the Garza Blanca Beach	9:00 am Hatha Yoga At Deck TierraLuna	9:00 am Zumba Dance Fit At Deck TierraLuna	
					10:00 am Botanical Garden Tour At TierraLuna	
11:30 am Power Water Aerobic Class At Panoramic Pool		11:30 am Power Water Aerobic Class At Panoramic Pool		11:30 am Paddle Board Yoga At Beach Pool		
1:00 pm Complimentary Chair Massages At Garza Blanca Pool Area		1:00 pm Artesanal Cooking Class At Garza Blanca Pool Area	1:00 pm Skin Care Event By Natura Bisse At Red Room	1:00 pm Complimentary Chair Massages At Rooftop North		
	4:00 pm - 8:00 pm Wellness Fair At TierraLuna					
				5:30 pm Yoga New Moon Gemini At Forum TierraLuna		

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ACTIVITIES & WORKSHOPS

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- Global Wellness Day

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10·JUNE	11·JUNE	12·JUNE	13·JUNE	14·JUNE	15·JUNE	16·JUNE
<p>8:00 am Sunrise Meditation By Paola Contreras At Forum TierraLuna</p>		<p>8:00 am Sound Meditation Healing By Paola Contreras At Forum TierraLuna</p>				<p>8:00 am Cardio Workout By Danielle Dinunzio At the Garza Blanca Beach</p>
<p>9:00 am Kundalini Yoga At Deck TierraLuna</p>	<p>9:00 am Zumba Dance Fit At Deck TierraLuna</p>	<p>9:00 am Tai Chi Class At Deck TierraLuna</p>	<p>9:00 am Cardio Workout By Danielle Dinunzio At the Garza Blanca Beach</p>	<p>9:00 am Hatha Yoga At Deck TierraLuna</p>	<p>9:00 am Zumba Dance Fit At Deck TierraLuna</p>	
					<p>10:00 am Botanical Garden Tour At TierraLuna</p>	
<p>11:30 am Power Water Aerobic Class At Panoramic Pool</p>		<p>11:30 am Power Water Aerobic Class At Panoramic Pool</p>		<p>11:30 am Paddle Board Yoga At Beach Pool</p>		
<p>1:00 pm Complimentary Chair Massages At Garza Blanca Pool Area</p>		<p>1:00 pm Chinese Cooking Class By Chef Lao At Garza Blanca Pool Area</p>		<p>1:00 pm Complimentary Chair Massages At Rooftop North</p>		
	<p>4:00 pm - 8:00 pm Wellness Fair At TierraLuna</p>			<p>5:00 pm Yoga with a DJ At Forum TierraLuna</p>		

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17·JUNE	18·JUNE	19·JUNE	20·JUNE	21·JUNE	22·JUNE	23·JUNE
<p>8:00 am Sunrise Meditation By Paola Contreras At Forum TierraLuna</p> <p>9:00 am Kundalini Yoga At Deck TierraLuna</p> <p>11:30 am Power Water Aerobic Class At Panoramic Pool</p> <p>1:00 pm Complimentary Chair Massages At Garza Blanca Pool Area</p>	<p>9:00 am Zumba Dance Fit At Deck TierraLuna</p> <p>4:00 pm - 8:00 pm Wellness Fair At TierraLuna</p>	<p>8:00 am Sound Meditation Healing By Paola Contreras At Forum TierraLuna</p> <p>9:00 am Tai Chi Class At Deck TierraLuna</p> <p>11:30 am Power Water Aerobic Class At Panoramic Pool</p> <p>1:00 pm Artesanal Cooking Class At Garza Blanca Pool Area</p>	<p>9:00 am Cardio Workout By Danielle Dinunzio At the Garza Blanca Beach</p> <p>1:00 pm Skin Care Event By Natura Bisse At Red Room</p>	<p>9:00 am Hatha Yoga At Deck TierraLuna</p> <p>11:30 am Paddle Board Yoga At Beach Pool</p> <p>1:00 pm Complimentary Chair Massages At Rooftop North</p> <p>5:00 pm Yoga with a DJ At Forum TierraLuna</p>	<p>9:00 am Zumba Dance Fit At Deck TierraLuna</p> <p>10:00 am Botanical Garden Tour At TierraLuna</p>	<p>8:00 am Cardio Workout By Danielle Dinunzio At the Garza Blanca Beach</p> <p>9:00 am Full Moon Yoga At Forum TierraLuna</p> <p>5:00 pm Art Therapy* By Danielle Dinunzio At Deck TierraLuna</p>

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24-JUNE	25-JUNE	26-JUNE	27-JUNE	28-JUNE
8:00 am Sunrise Meditation By Paola Contreras At Forum TierraLuna		8:00 am Sound Meditation Healing By Paola Contreras At Forum TierraLuna		
9:00 am Kundalini Yoga At Deck TierraLuna	9:00 am Zumba Dance Fit At Deck TierraLuna	9:00 am Tai Chi Class At Deck TierraLuna	9:00 am Cardio Workout By Danielle Dinunzio At the Garza Blanca Beach	9:00 am Hatha Yoga At Deck TierraLuna
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	4:00 pm - 8:00 pm Wellness Fair At TierraLuna			5:00 pm Yoga with a DJ At Forum TierraLuna

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