



Balance your senses in this
Indulgent wellbeing experience

WELLNESS 2022
OCTOBER 1st - 8th

SATURDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1-OCT	3-OCT	4-OCT	5-OCT	6-OCT	7-OCT	8-OCT
8:00 am Kayak & Snorkeling To Los Arcos At the Beach	8:00 am Kayak & Snorkeling To Los Arcos At the Beach	8:00 am Kayak & Snorkeling To Los Arcos At the Beach	8:00 am Kayak & Snorkeling To Los Arcos At the Beach	8:00 am Kayak & Snorkeling To Los Arcos At the Beach	8:00 am Kayak & Snorkeling To Los Arcos At the Beach	8:00 am Kayak & Snorkeling To Los Arcos At the Beach
					8:00 am Digital Detox Morning By Wellness Zone At the Gym Mousai North	
9:00 am Ying Yang Yoga By Paola Contreras At TierraLuna	9:00 am Kundalini Yoga By Prócoro Hernández At TierraLuna	9:00 am Stretching class At TierraLuna	9:00 am Tai Chi Class By Prócoro Hernández At TierraLuna	9:00 am Vinyasa Yoga By Paola Contreras At TierraLuna	9:00 am Hatha Yoga (Sivananda) By Prócoro Hernández At TierraLuna	9:00 am Ying Yang Yoga By Paola Contreras At TierraLuna
10:00 am Hike to the Waterfall 2.0 hrs. River & Waterfall Meeting Point - Lobby	10:00 am Hike to the Waterfall 2.0 hrs. River & Waterfall Meeting Point - Lobby	10:00 am Intermediate Hike 2.0 hrs. Mountain Meeting Point - Lobby	10:00 am Arcos Hike 2.5 hrs. Mountain & TierraLuna Meeting Point - Lobby	10:00 am Advanced Hike 2.5 hrs. Mountain River & Waterfall Meeting Point - Lobby	10:00 am Arroyos Hike 2.0 hrs. Mountain Meeting Point - Lobby	10:00 am Hike to the Waterfall 2.0 hrs. River & Waterfall Meeting Point - Lobby
	11:00 am Janzzu Class By Spa Imagine At Panoramic Pool					
11:30 am Paddle Board Clinics	11:30 am Kayaking Ocean Tour Experience Required		11:30 am Kayaking Ocean Tour Experience Required	11:30 am SUP Yoga By Sara Cecilia Zuñiga At the Beach Pool		11:30 am Paddle Board Clinics
	1:00 pm Spiritual God's Eye By Spa Imagine At TierraLuna	1:00 pm Diamond Luxury Hands Ritual By Spa Imagine At the Beach Pool	1:00 pm Face Yoga By Spa Imagine At the Beach Pool			
			2:00 pm Truly Sensory Experience By Francesco Cavicchi At Noi Restarant			
		3:00 pm Glow From Within By Hydrfacial & Spa Imagine At the Red Room		3:00 pm The art of aromatherapy to connect with our senses By Ibis de Teresa At TierraLuna		

ACTIVITIES & WORKSHOPS

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

*Reservation necessary, please RSVP @Spa Concierge Ext. 6261 | 6262 | 6265



MINDFUL HABITS



SPA IMAGINE



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WELLNESS 2022

OCTOBER 10th - 15th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10·OCT	11·OCT	12·OCT	13·OCT	14·OCT	15·OCT
8:00 am Kayak & Snorkeling To Los Arcos At the Beach	8:00 am Kayak & Snorkeling To Los Arcos At the Beach	8:00 am Kayak & Snorkeling To Los Arcos At the Beach	8:00 am Kayak & Snorkeling To Los Arcos At the Beach	8:00 am Kayak & Snorkeling To Los Arcos At the Beach	8:00 am Kayak & Snorkeling To Los Arcos At the Beach
9:00 am Kundalini Yoga By Prócoro Hernández At TierraLuna	9:00 am Stretching class At TierraLuna	9:00 am Tai Chi Class By Prócoro Hernández At TierraLuna	9:00 am Vinyasa Yoga By Paola Contreras At TierraLuna	9:00 am Hatha Yoga (Sivananda) By Prócoro Hernández At TierraLuna	9:00 am Ying Yang Yoga By Paola Contreras At TierraLuna
10:00 am Hike to the Waterfall 2.0 hrs. River & Waterfall Meeting Point - Lobby	10:00 am Intermediate Hike 2.0 hrs. Mountain Meeting Point - Lobby	10:00 am Arcos Hike 2.5 hrs. Mountain & TierraLuna Meeting Point - Lobby	10:00 am Advanced Hike 2.5 hrs. Mountain River & Waterfall Meeting Point - Lobby	10:00 am Arroyos Hike 2.0 hrs. Mountain Meeting Point - Lobby	10:00 am Hike to the Waterfall 2.0 hrs. River & Waterfall Meeting Point - Lobby
11:00 am Jazzu Class By Spa Imagine At Panoramic Pool					
11:30 am Kayaking Ocean Tour Experience Required		11:30 am Kayaking Ocean Tour Experience Required	11:30 am SUP Yoga By Sara Cecilia Zuñiga At the Beach Pool		11:30 am Paddle Board Clinics
1:00 pm Spiritual God's Eye By Spa Imagine At TierraLuna	1:00 pm Diamond Luxury Hands Ritual By Spa Imagine At the Roof Top North	1:00 pm Face Yoga By Spa Imagine At the Beach Pool	1:00 pm Glow From Within By Hydrfacial & Spa Imagine At The Red Room		
		2:00 pm Truly Sensory Experience By Francesco Cavicchi At Noi Restarant		2:00 pm Regenerative Drinks By Dra. Jeanett Preciado At The Orange Deck	
	4:00 pm Tibetan Singing Bowl Concert By Iorch Quetzal At Red Room		3:00 pm Energy Center of Transformation By Sofia Chavez At the Red Room		
7:00 pm Full Moon Meditation By Iorch Quetzal At Beach GB					

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October
WELLNESS

by TAIFER HOTELS & RESORTS

Balance your senses in this
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WELLNESS 2022

OCTOBER 17th - 22th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17-OCT	18-OCT	19-OCT	20-OCT	21-OCT	22-OCT
8:00 am Kayak & Snorkeling To Los Arcos At the Beach	8:00 am Kayak & Snorkeling To Los Arcos At the Beach	8:00 am Kayak & Snorkeling To Los Arcos At the Beach	8:00 am Kayak & Snorkeling To Los Arcos At the Beach	8:00 am Kayak & Snorkeling To Los Arcos At the Beach 8:00 am Digital Detox Morning By Wellness Zone At the Gym Mousai North	8:00 am Kayak & Snorkeling To Los Arcos At the Beach
9:00 am Kundalini Yoga By Prócoro Hernández At TierraLuna	9:00 am Stretching class At TierraLuna	9:00 am Tai Chi Class By Prócoro Hernández At TierraLuna	9:00 am Ashtanga Yoga By Sofia Chavez At TierraLuna	9:00 am Hatha Yoga (Sivananda) By Prócoro Hernández At TierraLuna	9:00 am Restorative Yoga By Víctor Rodríguez At TierraLuna
10:00 am Hike to the Waterfall 2.0 hrs. River & Waterfall Meeting Point - Lobby	10:00 am Intermediate Hike 2.0 hrs. Mountain Meeting Point - Lobby	10:00 am Arcos Hike 2.5 hrs. Mountain & TierraLuna Meeting Point - Lobby	10:00 am Advanced Hike 2.5 hrs. Mountain River & Waterfall Meeting Point - Lobby	10:00 am Arroyos Hike 2.0 hrs. Mountain Meeting Point - Lobby	10:00 am Hike to the Waterfall 2.0 hrs. River & Waterfall Meeting Point - Lobby
11:00 am Jazzu Class By Spa Imagine At Panoramic Pool	11:00 am Diamond Luxury Hands Ritual By Spa Imagine At the Beach Pool	11:00 am Face Yoga By Spa Imagine At the Beach Pool			
11:30 am Kayaking Ocean Tour Experience Required		11:30 am Kayaking Ocean Tour Experience Required	11:30 am SUP Yoga By Sara Cecilia Zuñiga At the Beach Pool		11:30 am Paddle Board Clinics
1:00 pm Spiritual God's Eye By Spa Imagine At TierraLuna			1:00 pm Sleeping Aid therapy By Víctor Rodríguez At the Red Room		
		2:00 pm Truly Sensory Experience By Francesco Cavicchi At Noi Restarant		2:00 pm Food for Thought By Dra. Jeanett Preciado At The Terrace	
			3:00 pm Homemade Facials Workshop By Natura Bissé At the Red Room		
9:00 am Natura Bissé-Bubble Pure Air 5:00 pm Exclusive promotion in the purchase of any HydraFacial, Binary and NB facial treatment at Spa Imagine	9:00 am Natura Bissé-Bubble Pure Air 5:00 pm Exclusive promotion in the purchase of any HydraFacial, Binary and NB facial treatment at Spa Imagine	9:00 am Natura Bissé-Bubble Pure Air 5:00 pm Exclusive promotion in the purchase of any HydraFacial, Binary and NB facial treatment at Spa Imagine	9:00 am Natura Bissé-Bubble Pure Air 5:00 pm Exclusive promotion in the purchase of any HydraFacial, Binary and NB facial treatment at Spa Imagine	9:00 am Natura Bissé-Bubble Pure Air 5:00 pm Exclusive promotion in the purchase of any HydraFacial, Binary and NB facial treatment at Spa Imagine	9:00 am Natura Bissé-Bubble Pure Air 5:00 pm Exclusive promotion in the purchase of any HydraFacial, Binary and NB facial treatment at Spa Imagine

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WELLNESS 2022
OCTOBER 24th - 31st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	MONDAY
24·OCT	25·OCT	26·OCT	27·OCT	28·OCT	29·OCT	31·OCT
8:00 am Kayak & Snorkeling To Los Arcos At the Beach	8:00 am Kayak & Snorkeling To Los Arcos At the Beach	8:00 am Kayak & Snorkeling To Los Arcos At the Beach	8:00 am Kayak & Snorkeling To Los Arcos At the Beach	8:00 am Kayak & Snorkeling To Los Arcos At the Beach	8:00 am Kayak & Snorkeling To Los Arcos At the Beach	8:00 am Kayak & Snorkeling To Los Arcos At the Beach
9:00 am Kundalini Yoga By Prócoro Hernández At TierraLuna	9:00 am Stretching class At TierraLuna	9:00 am Tai Chi Class By Prócoro Hernández At TierraLuna	9:00 am Restorative Yoga By Victor Rodríguez At TierraLuna	9:00 am Hatha Yoga (Sivananda) By Prócoro Hernández At TierraLuna	9:00 am Ashtanga Yoga By Sofia Chavez At The Roof Top North	9:00 am Kundalini Yoga By Prócoro Hernández At TierraLuna
10:00 am Hike to the Waterfall 2.0 hrs. River & Waterfall Meeting Point - Lobby	10:00 am Intermediate Hike 2.0 hrs. Mountain Meeting Point - Lobby	10:00 am Arcos Hike 2.5 hrs. Mountain & TierraLuna Meeting Point - Lobby	10:00 am Advanced Hike 2.5 hrs. Mountain River & Waterfall Meeting Point - Lobby	10:00 am Arroyos Hike 2.0 hrs. Mountain Meeting Point - Lobby	10:00 am Hike to the Waterfall 2.0 hrs. River & Waterfall Meeting Point - Lobby	10:00 am Hike to the Waterfall 2.0 hrs. River & Waterfall Meeting Point - Lobby
11:00 am Jazzu Class By Spa Imagine At Panoramic Pool	11:00 am Diamond Luxury Hands Ritual By Spa Imagine At The Roof Top South	11:00 am Face Yoga By Spa Imagine At the Beach Pool				11:00 am Jazzu Class By Spa Imagine At Panoramic Pool
11:30 am Kayaking Ocean Tour Experience Required		11:30 am Kayaking Ocean Tour Experience Required	11:30 am SUP Yoga By Sara Cecilia Zuñiga At the Beach Pool		11:30 am Paddle Board Clinics	11:30 am Kayaking Ocean Tour Experience Required
1:00 pm The Art of Intuitive Meditation By Jessica Stone At the Red Room	1:00 pm The Art of Intuitive Meditation By Jessica Stone At the Red Room					1:00 pm Spiritual God's Eye By Spa Imagine At TierraLuna
		2:00 pm Truly Sensory Experience By Francesco Cavicchi At Noi Restarant				
4:00 pm The art of aromatherapy to connect with our senses By Ibis de Teresa At The Red Room	4:00 pm Quartz Crystal Bowl Meditation By Sofia Chavez At the Red Room		4:00 pm Divine energy inside Quartz By Miri Avalos At the Red Room	4:00 pm Cacao Ceremony By Miri Avalos At the Beach GB		

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