

WELL
NESS
month

Where *wellbeing* unfolds
in every moment

WELLNESS 2026



**ACTIVITIES &
WORKSHOPS**

 Stay Fit  Workshop & Class  Wellness Dining
 Yoga  Spa Treatment

Reservation necessary, please RSVP @Spa Concierge Ext. 8110 | 8111 | 8112



MINDFULHABITS



SPA IMAGINE



SHARE YOUR EXPERIENCE
#WellnessMonth

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1·JUNE	2·JUNE	3·JUNE	4·JUNE	5·JUNE	6·JUNE	7·JUNE
7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar
8:00 am Yoga At TierraLuna Gardens	8:00 am Yoga At TierraLuna Gardens	8:00 am Yoga At TierraLuna Gardens	8:00 am Yoga At TierraLuna Gardens	8:00 am Yoga At TierraLuna Gardens	8:00 am Yoga At TierraLuna Gardens	
12:00 pm Healthy Cocktails At the Lobby Bar		12:00 pm Healthy Cocktails At the Lobby Bar		12:00 pm Healthy Cocktails At the Lobby Bar		
	3:00 pm Exfoliación de Manos At the Rooftop		3:00 pm Taller de Arcillas y Fangos At the Beach Deck			

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- Global Wellness Day



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8·JUNE	9·JUNE	10·JUNE	11·JUNE	12·JUNE	13·JUNE	14·JUNE
7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar
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15·JUNE	16·JUNE	17·JUNE	18·JUNE	19·JUNE	20·JUNE	21·JUNE
7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
22·JUNE	23·JUNE	24·JUNE	25·JUNE	26·JUNE	27·JUNE	28·JUNE
7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar	7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar
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