

WELL
NESS
month

Where *wellbeing* unfolds
in every moment

WELLNESS 2026



**ACTIVITIES &
WORKSHOPS**

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

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 Fresh Fruit Juice Bar At the Lobby Bar	7:00 am - 12:00 pm Fresh Fruit Juice Bar At the Lobby Bar	7:00 am - 12:00 pm Fresh Fruit Juice Bar At the Lobby Bar	7:00 am - 12:00 pm Fresh Fruit Juice Bar At the Lobby Bar	7:00 am - 12:00 pm Fresh Fruit Juice Bar At the Lobby Bar	7:00 am - 12:00 pm Fresh Fruit Juice Bar At the Lobby Bar	7:00 am - 12:00 pm Fresh Fruit Juice 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	
					1:00 pm Sushi Class At Hiroshi	
3:00 pm Taller Tejido de Ojos de Dios At Blanca Blue Terrace		3:00 pm Taller Pintura y Decoración de Piedras de Rio At Blanca Blue Terrace	3:00 pm Taller de Arcillas y Fangos At Blanca Blue Terrace			
			6:00 pm - 9:30 pm Pairing with Chef Riaz and chef Roberto At Gourmet Hall			

ACTIVITIES & WORKSHOPS

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



MINDFULHABITS



SPA IMAGINE



SHARE YOUR EXPERIENCE
#WellnessMonth

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 Fresh Fruit Juice Bar At the Lobby Bar	7:00 am - 12:00 pm Fresh Fruit Juice Bar At the Lobby Bar	7:00 am - 12:00 pm Fresh Fruit Juice Bar At the Lobby Bar	7:00 am - 12:00 pm Fresh Fruit Juice Bar At the Lobby Bar	7:00 am - 12:00 pm Fresh Fruit Juice Bar At the Lobby Bar	7:00 am - 12:00 pm Fresh Fruit Juice Bar At the Lobby Bar	7:00 am - 12:00 pm Fresh Fruit Juice 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	
					1:00 pm Sushi Class At Hiroshi	
3:00 pm Taller Tejido de Ojos de Dios At Blanca Blue Terrace		3:00 pm Taller Pintura y Decoración de Piedras de Rio At Blanca Blue Terrace	3:00 pm Taller de Arcillas y Fangos At Blanca Blue Terrace			

ACTIVITIES & WORKSHOPS

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



MINDFULHABITS



SPA IMAGINE



SHARE YOUR EXPERIENCE
#WellnessMonth

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
15·JUNE	16·JUNE	17·JUNE	18·JUNE	19·JUNE	20·JUNE	21·JUNE
7:00 am - 12:00 pm Fresh Fruit Juice Bar At the Lobby Bar	7:00 am - 12:00 pm Fresh Fruit Juice Bar At the Lobby Bar	7:00 am - 12:00 pm Fresh Fruit Juice Bar At the Lobby Bar	7:00 am - 12:00 pm Fresh Fruit Juice Bar At the Lobby Bar	7:00 am - 12:00 pm Fresh Fruit Juice Bar At the Lobby Bar	7:00 am - 12:00 pm Fresh Fruit Juice Bar At the Lobby Bar	7:00 am - 12:00 pm Fresh Fruit Juice 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 - 2:30 pm Grill Experience with The Grilling Bastards At the Pool			1:00 pm Sushi Class At Hiroshi	
3:00 pm Taller Tejido de Ojos de Dios At Blanca Blue Terrace		3:00 pm Taller Pintura y Decoración de Piedras de Rio At Blanca Blue Terrace	3:00 pm Taller de Arcillas y Fangos At Blanca Blue Terrace			
			6:00 pm - 8:00 pm Pop Up with Bites and Mixology At the Lobby Bar			

ACTIVITIES & WORKSHOPS

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



MINDFULHABITS



SPA IMAGINE



SHARE YOUR EXPERIENCE
#WellnessMonth

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 Fresh Fruit Juice Bar At the Lobby Bar	7:00 am - 12:00 pm Fresh Fruit Juice Bar At the Lobby Bar	7:00 am - 12:00 pm Fresh Fruit Juice Bar At the Lobby Bar	7:00 am - 12:00 pm Fresh Fruit Juice Bar At the Lobby Bar	7:00 am - 12:00 pm Fresh Fruit Juice Bar At the Lobby Bar	7:00 am - 12:00 pm Fresh Fruit Juice Bar At the Lobby Bar	7:00 am - 12:00 pm Fresh Fruit Juice 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	
					1:00 pm Sushi Class At Hiroshi	
3:00 pm Taller Tejido de Ojos de Dios At Blanca Blue Terrace		3:00 pm Taller Pintura y Decoración de Piedras de Río At Blanca Blue Terrace	3:00 pm Taller de Arcillas y Fangos At Blanca Blue Terrace			

ACTIVITIES & WORKSHOPS

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



MINDFULHABITS



SPA IMAGINE



SHARE YOUR EXPERIENCE
#WellnessMonth

