

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
9:00 am Kundalini Yoga By Procoro At TierraLuna Gardens Forum		9:00 am Tai Chi By Procoro At TierraLuna Gardens Forum		9:00 am Hatha Yoga By Procoro At TierraLuna Gardens Forum		
10:00 am Arcos Hike Mountain & Tierra Luna	10:00 am Healing plants workshop At Tierra Luna Gardens		10:00 am Arcos Hike Mountain & Tierra Luna	10:00 am Healing plants workshop At Tierra Luna Gardens		
	12:00 pm Deck Massage By Spa Imagine At Tierra Luna Gardens					12:00 pm Deck Massage By Spa Imagine At Tierra Luna Gardens
		1:00 pm Deck Massage By Spa Imagine At Tierra Luna Gardens	1:00 pm Exfoliant Workshop By Spa Imagine At Beach Pool	1:00 pm Loving Myself (Facial mask) By Spa Imagine At Rooftop Mousai North	1:00 pm Deck Massage By Spa Imagine At Tierra Luna Gardens	
						5:00 pm Soft & Glowing Hair By Spa Imagine At Beauty Salon Spa Imagine

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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
9:00 am Kundalini Yoga By Procoro At TierraLuna Gardens Forum		9:00 am Tai Chi By Procoro At TierraLuna Gardens Forum		9:00 am Hatha Yoga By Procoro At TierraLuna Gardens Forum		
10:00 am Arcos Hike Mountain & Tierra Luna	10:00 am Healing plants workshop At Tierra Luna Gardens		10:00 am Arcos Hike Mountain & Tierra Luna	10:00 am Healing plants workshop At Tierra Luna Gardens		
	12:00 pm Deck Massage By Spa Imagine At Tierra Luna Gardens	12:00 pm Exfoliant Workshop By Spa Imagine At Beach Pool				12:00 pm Deck Massage By Spa Imagine At Tierra Luna Gardens
		1:00 pm Deck Massage By Spa Imagine At Tierra Luna Gardens	1:00 pm Loving Myself (Facial Workshop) By Spa Imagine At Beach Pool	1:00 pm Loving Myself (Facial mask) By Spa Imagine At Rooftop GB Sanctuary	1:00 pm Deck Massage By Spa Imagine At Tierra Luna Gardens	
						7:00 pm Sunset Ride (Spinning) At Tierra Luna Gardens

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
15·JUNE	16·JUNE	17·JUNE	18·JUNE	19·JUNE	20·JUNE	21·JUNE
9:00 am Kundalini Yoga By Procoro At TierraLuna Gardens Forum		9:00 am Tai Chi By Procoro At TierraLuna Gardens Forum		9:00 am Hatha Yoga By Procoro At TierraLuna Gardens Forum		
10:00 am Arcos Hike Mountain & Tierra Luna	10:00 am Healing plants workshop At Tierra Luna Gardens		10:00 am Arcos Hike Mountain & Tierra Luna	10:00 am Healing plants workshop At Tierra Luna Gardens		
	12:00 pm Deck Massage By Spa Imagine At Tierra Luna Gardens	12:00 pm Exfoliant Workshop By Spa Imagine At Beach Pool				12:00 pm Deck Massage By Spa Imagine At Tierra Luna Gardens
		1:00 pm Deck Massage By Spa Imagine At Tierra Luna Gardens	1:00 pm Loving Myself (Facial Workshop) By Natura Bisse Experts At Red Room	1:00 pm Loving Myself (Facial mask) By Spa Imagine At Rooftop Mousai South	1:00 pm Deck Massage By Spa Imagine At Tierra Luna Gardens	

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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
9:00 am Kundalini Yoga By Procoro At TierraLuna Gardens Forum		9:00 am Tai Chi By Procoro At TierraLuna Gardens Forum		9:00 am Hatha Yoga By Procoro At TierraLuna Gardens Forum		
10:00 am Arcos Hike Mountain & Tierra Luna	10:00 am Healing plants workshop At Tierra Luna Gardens		10:00 am Arcos Hike Mountain & Tierra Luna	10:00 am Healing plants workshop At Tierra Luna Gardens		
	12:00 pm Deck Massage By Spa Imagine At Tierra Luna Gardens	12:00 pm Exfoliant Workshop By Spa Imagine At Beach Pool				12:00 pm Deck Massage By Spa Imagine At Tierra Luna Gardens
		1:00 pm Deck Massage By Spa Imagine At Tierra Luna Gardens	1:00 pm Loving Myself (Facial Workshop) By Spa Imagine At Beach Pool	1:00 pm Loving Myself (Facial mask) By Spa Imagine At Beach Pool	1:00 pm Deck Massage By Spa Imagine At Tierra Luna Gardens	
6:15 pm Sunset Candlelight Meditacion By Paola Contreras At GB Beach						

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29·JUNE	30·JUNE					
9:00 am Kundalini Yoga By Procoro At TierraLuna Gardens Forum						
10:00 am Arcos Hike Mountain & Tierra Luna	10:00 am Healing plants workshop At Tierra Luna Gardens					
	12:00 pm Deck Massage By Spa Imagine At Tierra Luna Gardens					
5:00 pm Soft & Glowing Hair By Spa Imagine At Beauty Salon Spa Imagine						

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