

WELL
NESS
month

Balance your senses in
this *wellbeing* experience

WELLNESS 2025
JUNE 1st



SUNDAY

1·JUNE

7:00 am -
12:00 pm

Cold Press
Juicery Bar

At the Lobby Bar

1:00 pm

Soul Cleansing &
Purification Ritual

At the Beach

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



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WELLNESS 2025
JUNE 2nd - 8th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2·JUNE	3·JUNE	4·JUNE	5·JUNE	6·JUNE	7·JUNE	8·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	
	9:00am Time Under Tension Class At Fitness Center		9:00am Time Under Tension Class At Fitness Center			
3:00 pm Eye of God Workshop At Blanca Blue Terrace		3:00 pm Stone Decoration Activity At Blanca Blue Terrace		3:00 pm Mud and Clay Workshop At Blanca Blue Terrace	1:00 pm Sushi Class At Hiroshi	

ACTIVITIES &
WORKSHOPS

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



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WELLNESS 2025
JUNE 9th - 15th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9·JUNE	10·JUNE	11·JUNE	12·JUNE	13·JUNE	14·JUNE	15·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	
3:00 pm Eye of God Workshop At Blanca Blue Terrace		3:00 pm Stone Decoration Activity At Blanca Blue Terrace		3:00 pm Mud and Clay Workshop At Blanca Blue Terrace	1:00 pm Sushi Class At Hiroshi	

ACTIVITIES &
WORKSHOPS

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

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WELLNESS 2025
JUNE 16th - 22th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
16-JUNE	17-JUNE	18-JUNE	19-JUNE	20-JUNE	21-JUNE	22-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	
				9:00am Sweat & Stillness Class At Tierra LunaGarden	9:00am Upper & Core Burn Class At Tierra Luna Garden	
					1:00 pm Sushi Class At Hiroshi	
3:00 pm Eye of God Workshop At Blanca Blue Terrace		3:00 pm Stone Decoration Activity At Blanca Blue Terrace		3:00 pm Mud and Clay Workshop At Blanca Blue Terrace		

ACTIVITIES &
WORKSHOPS

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

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WELLNESS 2025
JUNE 23th - 29th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
23-JUNE 7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar 8:00 am Yoga At TierraLuna Gardens 3:00 pm Eye of God Workshop At Blanca Blue Terrace	24-JUNE 7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar 8:00 am Yoga At TierraLuna Gardens	25-JUNE 7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar 8:00 am Yoga At TierraLuna Gardens 3:00 pm Stone Decoration Activity At Blanca Blue Terrace	26-JUNE 7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar 8:00 am Yoga At TierraLuna Gardens	27-JUNE 7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar 8:00 am Yoga At TierraLuna Gardens 3:00 pm Mud and Clay Workshop At Blanca Blue Terrace	28-JUNE 7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar 8:00 am Yoga At TierraLuna Gardens 1:00 pm Sushi Class At Hiroshi	29-JUNE 7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar

ACTIVITIES &
WORKSHOPS

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Yoga Spa Treatment

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WELLNESS 2025
JUNE 30th

MONDAY

30 JUNE

7:00 am -
12:00 pm

Cold Press
Juicery Bar

At the Lobby Bar

8:00 am

Yoga

At TierraLuna Gardens

3:00 pm

Soul Cleansing &
Purification Ritual

At the Beach



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WORKSHOPS

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