

WELL
NESS
month

Balance your senses in
this *wellbeing* experience

WELLNESS 2025



Limited number of people per activity.

ACTIVITIES & WORKSHOPS

Stay Fit Workshop & Class Wellness Dining
Yoga Spa Treatment

* Additional fee of 27 dollars

Reservation necessary, please RSVP @Spa Concierge Ext. 6261 | 6262 | 6265 | spaimagine@hotelmousai.com



MINDFULHABITS



SPA IMAGINE



SHARE YOUR EXPERIENCE
#WellnessMonth



Balance your senses in
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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
8:00 am Purifying Ceremony By Paola Contreras At TierraLuna Gardens Forum		8:00 am Sound Healing Meditation By Paola Contreras At TierraLuna Gardens Forum		8:00 am Gong Bath By Alicia At TierraLuna Gardens Forum		
9:00 am Hatha yoga By Procoro At TierraLuna Gardens Forum	9:00 am Sound Healing Meditation By Paola Contreras At TierraLuna Gardens Forum	9:00 am Tai Chi By Procoro At TierraLuna Gardens Forum	9:00 am Stretching At TierraLuna Gardens Forum	9:00 am Kundalini Yoga By Procoro At TierraLuna Gardens Forum	9:00 am Zumba Dance Fit At TierraLuna Gardens Forum	9:00 am Stretching At TierraLuna Gardens Forum
10:00 am Tea Ceremony By Guillermina Chi At Canú Restaurant - TLG						
	12:00 pm Power Water Aerobics At Panoramic Pool		12:00 pm Power Water Aerobics At Panoramic Pool		12:00 pm Power Water Aerobics At Panoramic Pool	
1:00 pm Spa Imagine Hour By Spa Imagine At Terrace Luxury by the Beach Pool			1:00 pm Spa Imagine Hour By Spa Imagine At Beach Pool			
2:00 pm Tea Mixology By Guillermina Chi At Terrace Luxury by the Beach Pool						
	4:00 -7:00 pm Wellness Fair At Canú Restaurant - TLG				6:00 pm Healing The Inner Child By Karol Gonzalez At TierraLuna Gardens Forum	

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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
8:00 am Self-Preservation Ritual By Paola Contreras At TierraLuna Gardens Forum		8:00 am Self-Preservation Ritual By Paola Contreras At TierraLuna Gardens Forum		8:00 am Sweat Energy By Margaret Cresta At TierraLuna Gardens Forum		
9:00 am Hatha Yoga By Procoro At TierraLuna Gardens Forum	9:00 am Stretching At TierraLuna Gardens Forum	9:00 am Tai Chi By Procoro At TierraLuna Gardens Forum	9:00 am Sweat Energy By Margaret Cresta At TierraLuna Gardens Forum	9:00 am Kundalini Yoga By Procoro At TierraLuna Gardens Forum	9:00 am Zumba Dance Fit At Tierra Lina Gardens Deck	9:00 am Stretching At TierraLuna Gardens Forum
	12:00 pm Power Water Aerobics At Panoramic Pool		12:00 pm Power Water Aerobics At Panoramic Pool	12:00 pm Healthy Mexican Cuisine By Chef Refugio At Terrace Luxury by the Beach Pool	12:00 pm Power Water Aerobics At Panoramic Pool	
1:00 pm Spa Imagine Hour By Spa Imagine At Terrace Luxury by the Beach Pool	1:00 pm Artizanal Cooking By Chef Refugio At Terrace Luxury by the Beach Pool		1:00 pm Spa Imagine Hour By Spa Imagine At Terrace Luxury by the Beach Pool			
				5:30 pm Heart Session, Full Moon Sagitarius *\$ By Karoll González At TierraLuna Gardens Forum		

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ACTIVITIES & WORKSHOPS

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■ Yoga ■ Spa Treatment

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
16 JUNE	17 JUNE	18 JUNE	19 JUNE	20 JUNE	21 JUNE	22 JUNE
		8:00 am Facial Yoga By Paola Contreras At TierraLuna Gardens Forum		8:00 am Kollision Cardio Workout By Kamelle Mills At TierraLuna Gardens Forum	8:00 am Kollision Cardio Workout By Kamelle Mills At TierraLuna Gardens Forum	
9:00 am Viyansa Yoga By Procoro At TierraLuna Gardens Forum	9:00 am Stretching At TierraLuna Gardens Forum	9:00 am Tai Chi By Procoro At TierraLuna Gardens Forum	9:00 am Zumba dance fit At TierraLuna Gardens Forum	9:00 am Hatha Yoga By Procoro At TierraLuna Gardens Forum	9:00 am Special Yoga Session for Fear and Stress Relief By Procoro At TierraLuna Gardens Forum	9:00 am Stretching At TierraLuna Gardens Forum
	12:00 pm Power Water Aerobics At Panoramic Pool		12:00pm Power Water Aerobics At Panoramic Pool	12:00 pm Aromatherapy Workshop By Ibis de Teresa At Terrace Luxury by the Beach Pool	12:00pm Power Water Aerobics At Panoramic Pool	
1:00 pm Spa Imagine Hour By Spa Imagine At Terrace Luxury by the Beach Pool	1:00 pm Skin Care Workshop By Natura Bisse At The Red Room		1:00 pm Spa Imagine Hour By Spa Imagine At Terrace Luxury by the Beach Pool			

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ACTIVITIES & WORKSHOPS

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 ■ Workshop & Class
 ■ Wellness Dining
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WELLNESS 2025
JUNE 23th - 29th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
23-JUNE	24-JUNE	25-JUNE	26-JUNE	27-JUNE	28-JUNE	29-JUNE
8:00 am Gong meditation By Paola Contreras At TierraLuna Gardens Forum				8:00 am Katonah yoga By Sara Cecilia At TierraLuna Gardens Forum		
9:00 am Viyansa yoga By Procoro At TierraLuna Gardens Forum	9:00 am Stretching At TierraLuna Gardens Forum	9:00 am Tai Chi By Procoro At TierraLuna Gardens Forum	9:00 am Stretching At TierraLuna Gardens Forum	9:00 am Hatha Yoga By Procoro At TierraLuna Gardens Forum	9:00 am Zumba Dance Fit At TierraLuna Gardens Forum	9:00 am Love Celebration Heart Session New Moon Cancer*\$ By Karoll González At TierraLuna Gardens Forum
	12:00 pm Power Water Aerobics At Panoramic Pool		12:00 pm Power Water Aerobics At Panoramic Pool		12:00 pm Power Water Aerobics At Panoramic Pool	
1:00 pm Spa Imagine Hour By Spa Imagine At Terrace Luxury by the Beach Pool			1:00 pm Spa Imagine Hour By Spa Imagine At Terrace Luxury by the Beach Pool			

Limited number of people per activity.

ACTIVITIES & WORKSHOPS

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■ Yoga ■ Spa Treatment

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WELLNESS 2025
JUNE 30th

MONDAY

30 JUNE

8:00 am Gong meditation

By Paola Contreras
At TierraLuna Gardens
Forum

9:00 am Viyansa yoga

By Procoro
At TierraLuna Gardens
Forum

12:00 pm Power Water
Aerobic Class

At Panoramic Pool

1:00 pm Spa Imagine Hour

By Spa Imagine
At Terrace Luxury by
the Beach Pool



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