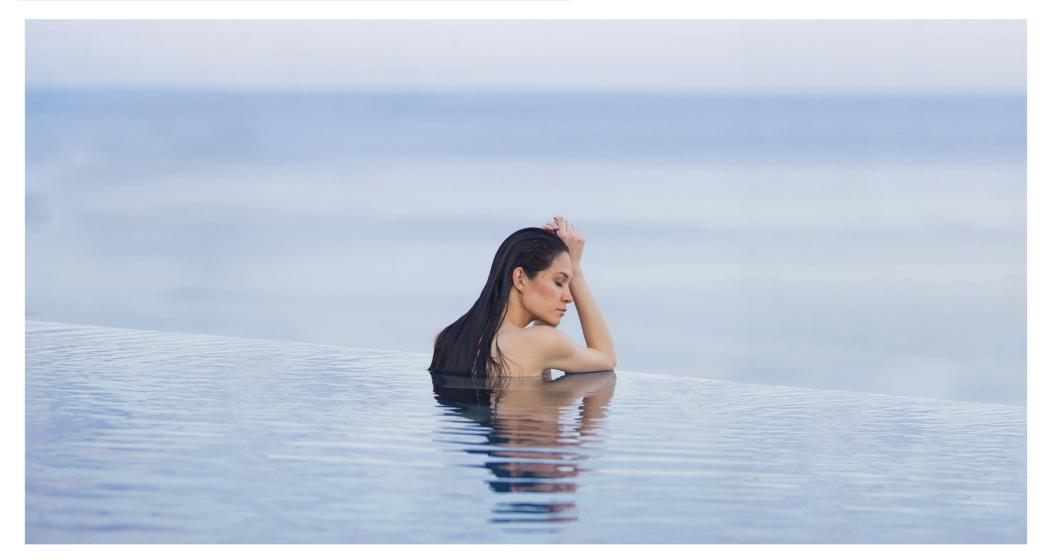


WELLNESS 2025



Limited number of people per activity.



* Additional fee of 27 dollars

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

MINDFULHABITS

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WELLNESS 2025 JUNE 2nd - 8th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2.JUNE	3.JUNE	4 · JUNE Sound Healing	5.JUNE	6.JUNE	7.JUNE	8.JUNE
8:00 am Purifying Ceremony		8:00 am Meditation		8:00 am Gong Bath		
By Paola Contreras At TierraLuna Gardens Forum		By Paola Contreras At TierraLuna Gardens Forum		By Alicia At TierraLuna Gardens Forum		
	Sound Healing 9:00 am Meditation		9:00 am Stretching			Strateling
9:00 am Hatha yoga		9:00 am Tai Chi By Procoro	9:00 am Stretching At TierraLuna Gardens	9:00 am Kund ali ni Yoga By Procoro	9:00 am Zumba Dance Fit	9:00 am Stretching
By Procoro At TierraLuna Gardens Forum	By Paola Contreras At TierraLuna Gardens Forum	At TierraLuna Gardens Forum	Forum	At TierraLuna Gardens Forum	At TierraLuna Gardens Forum	At TierraLuna Gard ens Forum
10:00 am Tea Ceremony						
By Guillermina Chi At Canú Restaurant - TLG	•					
	12:00 pm Power Water Aerobics		12:00 pm Power Water Aerobics	5	12:00 pm Power Water Aerobics	
	At Panoramic Pool		At Panoramic Pool		At Panoramic Pool	
1:00 pm Spa Im agine Hour			1:00 pm Spa Im agine Hour			
By Spa Imagine			1:00 pm Spa Im agine Hour By Spa Imagine			
At Terrace Luxury by the Beach Pool			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				Healing	
	At Canú Restaurant - TLG				6:00 pm The Inner C hild By Karol Gonzalez At TierraLuna Gard ens Forum	
					Folulli	

Limited number of people per activity.

ACTIVITIES & Stay Fit Workshop & Class Wellness Dining WORKSHOPS Yoga Spa Treatment

* Additional fee of 27 dollars

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WELLNESS 2025

JUNE 9th - 15th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9 · JUNE Self-Preservation Ritual By Paola Contreras At TierraLuna Gardens Forum	10.JUNE	11-JUNE Self-Preservation Ritual By Paola Contreras At TierraLuna Gardens Forum	12.JUNE	13 · JUNE 8:00 am Sweat Energy By Margaret Cresta At TierraLuna Gardens Forum	14.JUNE	15.JUNE
9:00 am Hatha Yoga By Procoro At TierraLuna Gardens Forum	9:00 am Stretching At TierraLuna Gard ens Forum	9:00 am Tai Chi By Procoro At TierraLuna Gard ens Forum	9:00 am Swe at Energy By Margaret Cresta At TierraLuna Gardens Forum	9:00 am Kund ali ni Yoga By Procoro At Tierra Luna 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		<mark>12:00 pm</mark> Power Water Aerobics At Panoramic Pool	Healt hy Mexican Cuisine By Chef Refugio At Terrace Luxury by the Beach Pool	<mark>12:00 pm</mark> Power Water Aerobics At Panoramic Pool	
1:00 pm Spa Im agine 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 Im agine Hour By Spa Imagine At Terrace Luxury by the Beach Pool			
				Heart Session, Full Moon Sagitarius *\$ By Karoll González At TierraLuna Gard ens Forum		

Limited number of people per activity.

💳 Stay Fit 🛛 Workshop & Class 🔤 Wellness Dining

Yoga Spa Treatment

* Additional fee of 27 dollars

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WELLNESS 2025 JUNE 16th - 22th

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

Limited number of people per activity.

ACTIVITIES & WORKSHOPS

Stay Fit 🗰 Workshop & Class 🚥 Wellness Dining

🗾 Yoga Spa Treatment

* Additional fee of 27 dollars

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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	9:00 am Stretching	9:00 am Tai Chi	9:00 am Stretching	9:00 am Hatha Yoga	9:00 am Zumba Dance Fit	Love Celebration Heart Session 9:00 am New Moon Cancer*\$
By Procoro At TierraLuna Gardens Forum	At TierraLuna Gardens Forum	By Procoro At TierraLuna Gardens Forum	At TierraLuna Gardens Forum	By Procoro At TierraLuna Gardens Forum	At TierraLuna Gardens Forum	By Karoll González At TierraLuna Gardens Forum
	12:00 pm Power Water Aerobics		12:00 pm Power Water Aerobics	3	12:00 pm Power Water Aerobics	
	At Panoramic Pool		At Panoramic Pool		At Panoramic Pool	
1:00 pm Spa Im agine Hour			1:00 pm Spa Im agine Hour			
By Spa Imagine At Terrace Luxury by the Beach Pool			By Spa Imagine At Terrace Luxury by the Beach Pool			

Limited number of people per activity.



Stay Fit 🗰 Workshop & Class 📖 Wellness Dining

Yoga Spa Treatment

* Additional fee of 27 dollars

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WELLNESS 2025 JUNE 30th



Limited number of people per activity.



Stay Fit Workshop & Class Wellness Dining

* Additional fee of 27 dollars

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