

WELL  
NESS  
*month*

Balance your senses in  
this *wellbeing* experience

WELLNESS 2025  
JUNE 1<sup>st</sup>

SUNDAY

1-JUNE

1:00 pm Limpieza y  
Conexión Áurica  
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 2<sup>nd</sup> - 8<sup>th</sup>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>2·JUNE</b> 7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar 8:00 am Yoga At TierraLuna Gardens 12:00 pm Healthy Cocktails At the Lobby Bar	<b>3·JUNE</b> 7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar 8:00 am Yoga At TierraLuna Gardens 3:00 pm Hand Scrub Workshop At the Rooftop	<b>4·JUNE</b> 7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar 8:00 am Yoga At TierraLuna Gardens 12:00 pm Healthy Cocktails At the Lobby Bar	<b>5·JUNE</b> 7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar 8:00 am Yoga At TierraLuna Gardens 3:00 pm Clay & Sludge Workshop At the Beach Deck	<b>6·JUNE</b> 7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar 8:00 am Yoga At TierraLuna Gardens 12:00 pm Healthy Cocktails At the Lobby Bar	<b>7·JUNE</b> 7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar 8:00 am Yoga At TierraLuna Gardens	<b>8·JUNE</b> 7:00 am - 12:00 pm Cold Press Juicery Bar At the Lobby Bar

ACTIVITIES &  
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9·JUNE	10·JUNE	11·JUNE	12·JUNE	13·JUNE	14·JUNE	15·JUNE
<b>7:00 am - 12:00 pm</b> Cold Press Juicery Bar At the Lobby Bar	<b>7:00 am - 12:00 pm</b> Cold Press Juicery Bar At the Lobby Bar	<b>7:00 am - 12:00 pm</b> Cold Press Juicery Bar At the Lobby Bar	<b>7:00 am - 12:00 pm</b> Cold Press Juicery Bar At the Lobby Bar	<b>7:00 am - 12:00 pm</b> Cold Press Juicery Bar At the Lobby Bar	<b>7:00 am - 12:00 pm</b> Cold Press Juicery Bar At the Lobby Bar	<b>7:00 am - 12:00 pm</b> Cold Press Juicery Bar At the Lobby Bar
<b>8:00 am</b> Yoga At TierraLuna Gardens	<b>8:00 am</b> Yoga At TierraLuna Gardens	<b>8:00 am</b> Yoga At TierraLuna Gardens	<b>8:00 am</b> Yoga At TierraLuna Gardens	<b>8:00 am</b> Yoga At TierraLuna Gardens	<b>8:00 am</b> Yoga At TierraLuna Gardens	
<b>12:00 pm</b> Healthy Cocktails At the Lobby Bar		<b>12:00 pm</b> Healthy Cocktails At the Lobby Bar		<b>12:00 pm</b> Healthy Cocktails At the Lobby Bar		
	<b>3:00 pm</b> Hand Scrub Workshop At the Rooftop		<b>3:00 pm</b> Clay & Sludge Workshop At the Beach Deck			

### ACTIVITIES & WORKSHOPS

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

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WELLNESS 2025  
JUNE 16<sup>th</sup> - 22<sup>th</sup>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
16·JUNE	17·JUNE	18·JUNE	19·JUNE	20·JUNE	21·JUNE	22·JUNE
<b>7:00 am - 12:00 pm</b> Cold Press Juicery Bar At the Lobby Bar	<b>7:00 am - 12:00 pm</b> Cold Press Juicery Bar At the Lobby Bar	<b>7:00 am - 12:00 pm</b> Cold Press Juicery Bar At the Lobby Bar	<b>7:00 am - 12:00 pm</b> Cold Press Juicery Bar At the Lobby Bar	<b>7:00 am - 12:00 pm</b> Cold Press Juicery Bar At the Lobby Bar	<b>7:00 am - 12:00 pm</b> Cold Press Juicery Bar At the Lobby Bar	<b>7:00 am - 12:00 pm</b> Cold Press Juicery Bar At the Lobby Bar
<b>8:00 am</b> Yoga At TierraLuna Gardens	<b>8:00 am</b> Yoga At TierraLuna Gardens	<b>8:00 am</b> Yoga At TierraLuna Gardens	<b>8:00 am</b> Yoga At TierraLuna Gardens	<b>8:00 am</b> Yoga At TierraLuna Gardens	<b>8:00 am</b> Yoga At TierraLuna Gardens	<b>9:00 am</b> Boot(y) Camp By Fernanda Shaw At TierraLuna Gardens
<b>12:00 pm</b> Healthy Cocktails At the Lobby Bar	<b>3:00 pm</b> Hand Scrub Workshop At the Rooftop	<b>12:00 pm</b> Healthy Cocktails At the Lobby Bar	<b>3:00 pm</b> Clay & Sludge Workshop At the Beach Deck	<b>12:00 pm</b> Healthy Cocktails At the Lobby Bar		

## ACTIVITIES & WORKSHOPS

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

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WELLNESS 2025  
JUNE 23<sup>th</sup> - 29<sup>th</sup>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>23-JUNE</b> <b>7:00 am - 12:00 pm</b> Cold Press Juicery Bar At the Lobby Bar <b>8:00 am</b> Yoga At TierraLuna Gardens <b>12:00 pm</b> Healthy Cocktails At the Lobby Bar	<b>24-JUNE</b> <b>7:00 am - 12:00 pm</b> Cold Press Juicery Bar At the Lobby Bar <b>8:00 am</b> Yoga At TierraLuna Gardens <b>9:00 am</b> Elevate by K By Kara Lennon At TierraLuna Gardens <b>3:00 pm</b> Hand Scrub Workshop At the Rooftop	<b>25-JUNE</b> <b>7:00 am - 12:00 pm</b> Cold Press Juicery Bar At the Lobby Bar <b>8:00 am</b> Yoga At TierraLuna Gardens <b>9:00 am</b> Elevate by K By Kara Lennon At TierraLuna Gardens <b>12:00 pm</b> Healthy Cocktails At the Lobby Bar	<b>26-JUNE</b> <b>7:00 am - 12:00 pm</b> Cold Press Juicery Bar At the Lobby Bar <b>8:00 am</b> Yoga At TierraLuna Gardens <b>3:00 pm</b> Clay & Sludge Workshop At the Beach Deck	<b>27-JUNE</b> <b>7:00 am - 12:00 pm</b> Cold Press Juicery Bar At the Lobby Bar <b>8:00 am</b> Yoga At TierraLuna Gardens <b>12:00 pm</b> Healthy Cocktails At the Lobby Bar	<b>28-JUNE</b> <b>7:00 am - 12:00 pm</b> Cold Press Juicery Bar At the Lobby Bar <b>8:00 am</b> Yoga At TierraLuna Gardens	<b>29-JUNE</b> <b>7:00 am - 12:00 pm</b> Cold Press Juicery Bar At the Lobby Bar

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WORKSHOPS

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WELLNESS 2025  
JUNE 30<sup>th</sup>

MONDAY

30-JUNE

7:00 am - 12:00 pm	Cold Press Juicery Bar At the Lobby Bar
8:00 am	Yoga At TierraLuna Gardens
12:00 pm	Healthy Cocktails At the Lobby Bar
3:00 pm	Soul Cleansing & Purification Ritual At the Beach



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