

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
7:00 am - 12:00 pm Fresh Fruit Juice Bar At the Lobby Bar	7:00 am - 12:00 pm Fresh Fruit Juice Bar At the Lobby Bar	7:00 am - 12:00 pm Fresh Fruit Juice Bar At the Lobby Bar	7:00 am - 12:00 pm Fresh Fruit Juice Bar At the Lobby Bar	7:00 am - 12:00 pm Fresh Fruit Juice Bar At the Lobby Bar	7:00 am - 12:00 pm Fresh Fruit Juice Bar At the Lobby Bar	7:00 am - 12:00 pm Fresh Fruit Juice 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	
					1:00 pm Sushi Class At Hiroshi	
3:00 pm Soul Cleansing & Purification Ritual At the Beach		3:00 pm Hand Exfoliation Workshop At Blanca Blue Terrace		3:00 pm Mud and Clay Workshop At Blanca Blue Terrace		
			6:00 pm - 9:30 pm Pairing with Chef Riaz and chef Roberto At Gourmet Hall			

ACTIVITIES & WORKSHOPS

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



MINDFULHABITS



SPA IMAGINE



SHARE YOUR EXPERIENCE  
#WellnessMonth

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8·JUNE	9·JUNE	10·JUNE	11·JUNE	12·JUNE	13·JUNE	14·JUNE
7:00 am - 12:00 pm <b>Fresh Fruit Juice Bar</b> At the Lobby Bar	7:00 am - 12:00 pm <b>Fresh Fruit Juice Bar</b> At the Lobby Bar	7:00 am - 12:00 pm <b>Fresh Fruit Juice Bar</b> At the Lobby Bar	7:00 am - 12:00 pm <b>Fresh Fruit Juice Bar</b> At the Lobby Bar	7:00 am - 12:00 pm <b>Fresh Fruit Juice Bar</b> At the Lobby Bar	7:00 am - 12:00 pm <b>Fresh Fruit Juice Bar</b> At the Lobby Bar	7:00 am - 12:00 pm <b>Fresh Fruit Juice Bar</b> At the Lobby Bar
8:00 am <b>Yoga</b> At TierraLuna Gardens	8:00 am <b>Yoga</b> At TierraLuna Gardens	8:00 am <b>Yoga</b> At TierraLuna Gardens	8:00 am <b>Yoga</b> At TierraLuna Gardens	8:00 am <b>Yoga</b> At TierraLuna Gardens	8:00 am <b>Yoga</b> At TierraLuna Gardens	
					1:00 pm <b>Sushi Class</b> At Hiroshi	
3:00 pm <b>Eye of God Workshop</b> At Blanca Blue Terrace		3:00 pm <b>Hand Exfoliation Workshop</b> At Blanca Blue Terrace		3:00 pm <b>Mud and Clay Workshop</b> At Blanca Blue Terrace		

ACTIVITIES & WORKSHOPS

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



MINDFULHABITS



SPA IMAGINE



SHARE YOUR EXPERIENCE  
#WellnessMonth

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
15·JUNE	16·JUNE	17·JUNE	18·JUNE	19·JUNE	20·JUNE	21·JUNE
7:00 am - 12:00 pm <b>Fresh Fruit Juice Bar</b> At the Lobby Bar	7:00 am - 12:00 pm <b>Fresh Fruit Juice Bar</b> At the Lobby Bar	7:00 am - 12:00 pm <b>Fresh Fruit Juice Bar</b> At the Lobby Bar	7:00 am - 12:00 pm <b>Fresh Fruit Juice Bar</b> At the Lobby Bar	7:00 am - 12:00 pm <b>Fresh Fruit Juice Bar</b> At the Lobby Bar	7:00 am - 12:00 pm <b>Fresh Fruit Juice Bar</b> At the Lobby Bar	7:00 am - 12:00 pm <b>Fresh Fruit Juice Bar</b> At the Lobby Bar
8:00 am <b>Yoga</b> At TierraLuna Gardens	8:00 am <b>Yoga</b> At TierraLuna Gardens	8:00 am <b>Yoga</b> At TierraLuna Gardens	8:00 am <b>Yoga</b> At TierraLuna Gardens	8:00 am <b>Yoga</b> At TierraLuna Gardens	8:00 am <b>Yoga</b> At TierraLuna Gardens	
		12:00 pm - 2:30 pm <b>Grill Experience with The Grilling Bastards</b> At the Pool			1:00 pm <b>Sushi Class</b> At Hiroshi	
3:00 pm <b>Eye of God Workshop</b> At Blanca Blue Terrace		3:00 pm <b>Hand Exfoliation Workshop</b> At Blanca Blue Terrace		3:00 pm <b>Mud and Clay Workshop</b> At Blanca Blue Terrace		
			6:00 pm - 8:00 pm <b>Pop Up with Bites and Mixology</b> At the Lobby Bar			

ACTIVITIES & WORKSHOPS

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



MINDFULHABITS



SPA IMAGINE



SHARE YOUR EXPERIENCE  
#WellnessMonth

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
22·JUNE	23·JUNE	24·JUNE	25·JUNE	26·JUNE	27·JUNE	28·JUNE
7:00 am - 12:00 pm Fresh Fruit Juice Bar At the Lobby Bar	7:00 am - 12:00 pm Fresh Fruit Juice Bar At the Lobby Bar	7:00 am - 12:00 pm Fresh Fruit Juice Bar At the Lobby Bar	7:00 am - 12:00 pm Fresh Fruit Juice Bar At the Lobby Bar	7:00 am - 12:00 pm Fresh Fruit Juice Bar At the Lobby Bar	7:00 am - 12:00 pm Fresh Fruit Juice Bar At the Lobby Bar	7:00 am - 12:00 pm Fresh Fruit Juice 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	
					1:00 pm Sushi Class At Hiroshi	
3:00 pm Eye of God Workshop At Blanca Blue Terrace		3:00 pm Hand Exfoliation Workshop 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
- Global Wellness Day



MINDFULHABITS



SPA IMAGINE



SHARE YOUR EXPERIENCE  
#WellnessMonth

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29·JUNE	30·JUNE	1·JULY	2·JULY	3·JULY	4·JULY	5·JULY
<b>7:00 am - 12:00 pm</b> Fresh Fruit Juice Bar At the Lobby Bar	<b>7:00 am - 12:00 pm</b> Fresh Fruit Juice Bar At the Lobby Bar					
<b>8:00 am</b> Yoga At TierraLuna Gardens	<b>8:00 am</b> Yoga At TierraLuna Gardens					
<b>3:00 pm</b> Eye of God Workshop At Blanca Blue Terrace	<b>3:00 pm</b> Soul Cleansing & Purification Ritual At the Beach					

**ACTIVITIES & WORKSHOPS**

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



MINDFUL HABITS

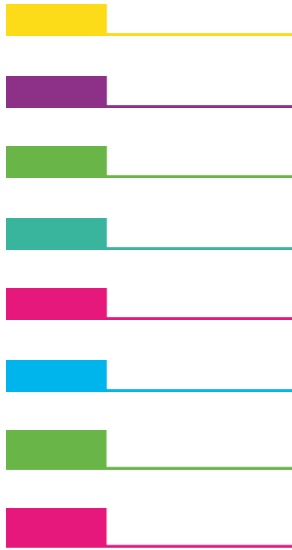


SPA IMAGINE



SHARE YOUR EXPERIENCE  
#WellnessMonth

## Diferenciadores de actividades



## Tipografía a utilizar

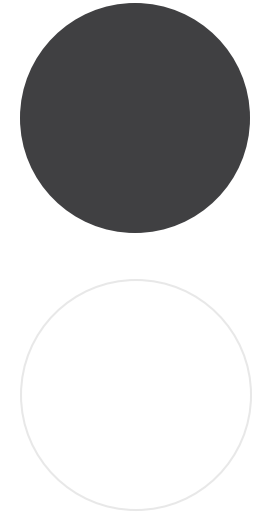


Microsoft Aptos  
Fonts  
29 elementos

Tiene que descargar e instalar esta tipografía para seguir el lineamiento de este documento y evitar desfases.

Se encuentra en el archivo de sharepoint compartido.

## Colores de tipografía



## Textos

Títulos de evento ← Aptos Semi Bold de 7.6  
Ubicación del evento ← Aptos Semi Bold de 6.5  
Horario del evento ← Aptos Semi Bold de 7.6

\*Ningún elemento y tipografía se pueden expandir o hacer a un tamaño más grande.  
Lo que se encuentra en esta página es lo autorizado\*