

# AGENDA

## June 18th | 18 de junio

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- **Welcome Dinner 4 Elements**  
*Cena de Bienvenida 4 Elementos*  
Azul Garden | Jardín Azul | 30 pax  
6:30 p.m.
- **Stargazing**  
*Observación de Estrellas*  
Azul Garden | Jardín Azul | 30 pax  
8:00 p.m.

## June 19th | 19 de junio

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- **Aquatic Element Flow at SE SPA 7 pax\***  
**by Cintya Ventura Wellness Manager\***  
7:00 a.m.
- **Morning Mandala Flow by Izzy Martens**  
*Meditation + yoga | Meditación + yoga*  
Azul Beach | Playa 25 pax  
7:00 a.m.
- **High-Intensity Cycling**  
*Cycling de alta intensidad*  
Del Mar Terrace | Terraza Del mar 25 pax  
9:00 a.m.
- **Power Barre by Perla Martinez**  
*Power Barre por Perla Martínez*  
Palapa | 20 pax  
10:30 a.m.
- **Breathwork & Ice bath**  
Del Mar Terrace | Terraza Del Mar | 25 pax  
12:00 p.m.
- **Zumba Masterclass by Loretta Bates**  
*Masterclass de Zumba con Loretta Bates*  
Azul Garden | Jardín Azul | 30 pax  
3:00 p.m.
- **Longevity Workshop by Robin Barrett**  
Cocina de Autor Terrace | 25 pax  
4:00 p.m.
- **Floating Sound Bath Summer Solstice by Jenny Dawson | GRAND VELAS BOUTIQUE\***  
Pool | 20 pax  
5:00 p.m.

## June 20th | 20 de junio

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- **Embodied Fire Flow | Yoga by Izzy Martens**  
Azul Garden | Jardín Azul | 20 pax  
7:00 a.m.
- **Water Cycling by Cintya Ventura Wellness Manager GVLC**  
Infinity Pool | 7 pax\*  
Limited spaces | cupo limitado\*  
8:00 a.m.
- **Power Pilates by Perla Martínez**  
*Power Pilates por Perla Martínez*  
Del Mar Terrace | Terraza Del Mar | 30 pax  
8:00 a.m.
- **Fitness Bellydance by Loretta Bates**  
*Danza del vientre para ponerse en forma con Loretta Bates*  
Palapa | 30 pax  
10:00 a.m.
- **The Essentials of Skincare: Building a Routine That Actually Works by Noam Raiter**  
*Lo esencial del cuidado de la piel: cómo crear una rutina que realmente funcione, por Noam Raiter*  
Tequila & Mezcal Room | 25 pax  
12:00 a.m.
- **Sleep Therapy | Terapia de Sueño**  
Azul Garden | 25 pax  
3:00 p.m.
- **DJ Bonfire Wellness Party**  
*Fiesta Wellness DJ Bonfire*  
Miramar Bar | 30 pax  
5:00 p.m.

## June 21th | 21 de junio

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- **Ocean Front Sound Healing by Jenny Dawson**  
**MAR DEL CABO\***  
Terraza Del Sol | 25 pax  
8:00 a.m.