

AGENDA

6 de junio | *June 6th*

- **Meditación en movimiento de Luna Nueva**
New Moon moving meditation
Robin Martin
6:30 p.m. - Terraza | *Terrace*
- **Cena de bienvenida**
Welcome dinner
8:00 p.m. - Playa | *Beach*

7 de junio | *June 7th*

- **Yoga**
Robin Martin
7:00 a.m. - Pérgola
- **Boot Camp Fitness**
Emma Troupe
8:30 a.m. - Playa | *Beach*
- **Taller 'Living vs. Longevity'**
Living vs. Longevity Workshop
Nate Brown
10:00 a.m.
Salón Tamayo | *Tamayo Ballroom*
- **Taller de nutrición holística**
Holistic nutrition workshop
Paige Lindgren
1:00 p.m. - Terraza Del Mar
- **Shake and Sculpt**
Magaly Guerra
6:00 p.m. - Terraza | *Terrace*
- **Ceremonia de cacao**
Cacao ceremony
7:00 p.m. - Playa | *Beach*

8 de junio | *June 8th*

- **Full Body Fitness**
Giorgio Merlino
7:00 a.m. - Terraza | *Terrace*
- **Baño frío y respiraciones**
Ice bath and breathwork
8:00 a.m. - Terraza | *Terrace*
- **Shake and Sculpt**
Magaly Guerra
10:00 a.m.
Salón Tamayo | *Tamayo Ballroom*
- **Enfoque en movimiento**
Movement Focus
Paige Lindgren
5:00 p.m. - Terraza | *Terrace*
- **Stretching & Recovery**
Giorgio Merlino
6:00 pm. - Playa | *Beach*

9 de junio | *June 9th*

- **Gentle Full Body Fitness**
Emma Troupe
7:00 a.m. - Terraza | *Terrace*

