



WELLNESSING *getaway* 19-21 FEB 2020

Un retiro *wellness* para renovar la mente y cuerpo. Encuentra la inspiración para conectar con tu ser interior rodeado por cautivadores escenarios, y libera todo tu potencial con la ayuda de diferentes talleres, desde meditación hasta cocina saludable.

A wellness event to revitalize the body and mind. It helps you restore the connection with your inner being and discover new potentials through workshops ranging from meditation to healthy cuisine in captivating settings.

Miércoles 19 | Wednesday 19th

7:00 a.m. - 8:00 a.m.

Ritual de apertura | *Opening ritual*
Terraza del Mar
Tonatiuh García

8:30 a.m. - 9:30 a.m.

Good Sweat HIIT & Circuit Training
Playa Azul | *Azul beach*
Rachael Devaux

9:30 a.m. - 11:00 a.m.

Desayuno Wellness | *Wellness breakfast*
Restaurante Azul | *Azul restaurant*
Chef Gabriel Kolofon

11:00 a.m. - 12:30 p.m.

Estilo de vida y rutina para el cuidado de tu piel | *Lifestyle and skin care routines*
Salón Ambassador | *Ambassador ballroom*
Adriana Azuara

1:00 p.m. - 3:00 p.m.

Comida saludable | *Healthy lunch*
Restaurante Azul | *Azul restaurant*
Chef Gabriel Kolofon

4:00 p.m. - 5:30 p.m.

Yoga glow
Salón Ambassador | *Ambassador ballroom*
Danica Johnson

7:00 p.m. - 9:00 p.m.

Cena ancestral de bienvenida | *Welcome ancestral dinner*
Playa Azul | *Azul beach*
Chef Gabriel Kolofon y Roberto Gopar

Jueves 20 | Thursday 20th

8:00 a.m. - 9:00 a.m.

Estiramiento | *Active Stretching*
Playa Azul | *Azul beach*
Rachael Devaux

9:00 a.m. - 11:00 a.m.

Desayuno Wellness | *Wellness breakfast*
Restaurante Azul | *Azul restaurant*
Chef Gabriel Kolofon

11:00 a.m. - 12:00 p.m.

Taller de aromaterapia | *Aromatherapy Workshop*
Pergola Spa
Adriana Azuara

1:00 p.m. - 3:00 p.m.

Comida saludable | *Healthy lunch*
Restaurante Azul | *Azul restaurant*
Chef Gabriel Kolofon

3:00 p.m. - 4:30 p.m.

Taller nutricional | *Plant Powered workshop*
Terraza Velas 10 | *Velas 10 terrace*
Sabra Seligman

6:00 p.m. - 7:00 p.m.

Terapia de sonido | *Sound therapy*
Salón Ambassador | *Ambassador ballroom*
Roberto Gopar

Dinner at Leisure

Viernes 21 | Friday 21st

8:00 a.m. - 9:00 a.m.

Mindful Yoga
Playa Azul | *Azul beach*
Danica Johnson

9:00 a.m. - 11:00 a.m.

Desayuno Wellness | *Wellness breakfast*
Restaurante Azul | *Azul restaurant*
Chef Gabriel Kolofon

12:00 p.m. - 1:00 p.m.

Clase cocina saludable | *Healthy cooking class*
Tequila & Mezcal
Sabra Seligman

1:00 p.m. - 5:00 p.m.

Comida y tiempo libre | *Lunch and free time*
Restaurante Azul | *Azul restaurant*
Chef Gabriel Kolofon

5:00 p.m. - 7:00 p.m.

Ritual vida en armonía | *Life in harmony ritual*
Playa Azul | *Azul beach*
Tonatiuh García

Actividades, horarios y locaciones sujetos a cambios sin previo aviso. / *Activities, schedules, and locations are subject to change without prior notice.*

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#WellnessingByVelas

Para mayor información, por favor contacta a tu Concierge.
For more information, please contact your Concierge.