

WELLNESSING *getaway* 1-3 DE MAYO 2020

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

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

PROGRAMA DE ACTIVIDADES ACTIVITIES PROGRAM

RIVIERA NAYARIT

Viernes 1 | Friday 1st

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

Cardio + baile | *Core cardio dance*
Jardín Principal | *Main Garden*
Rebeca Sutton

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

Desayuno *wellness* | *Wellness breakfast*
Azul

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

Yoga en conciencia | *Mindfulness Yoga*
Tamayo I
Karla Trafa

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

Almuerzo energético | *Energy lunch*
Azul

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

Autoconciencia a través de la terapia de arte
Self awareness art therapy workshop
Tamayo I
Beatriz Madrazo

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

Ritual ancestral de sanación con el mar
Ocean ancestral healing
Playa del jacuzzi | *Jacuzzi Beach*
Adriana Azuara

8:00 p.m. - 10:00 p.m.

Cena *Naturalité* | *Naturalité dinner*
Piaf
Chef Guillaume Morancé

Sábado 2 | Saturday 2nd

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

Ceremonia 7 centros espirituales
Seven-spiritual center ceremony
Gazebo
Ana Paula Domínguez & Roberto Gopar

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

Desayuno *wellness* | *Wellness breakfast*
Azul

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

Taller Super Food | *Super food workshop*
Terraza Azul | *Azul Terrace*
Karla Trafa

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

Almuerzo energético | *Energy lunch*
Azul

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

Taller Académico Herbolario | *Herbal Academic Workshop*
Tamayo II
Adriana Azuara

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

Circuito cardiovascular | *Cardio circuit*
Tamayo I
Rebeca Sutton

8:00 p.m. - 10:00 p.m.

Círculo de fuego | *Fire circle*
Introducción a ceremonias nativas
Introduction to Native Ceremonies
Playa del jacuzzi | *Jacuzzi Beach*
Tonatíuh García

Domingo 3 | Sunday 3rd

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

Meditación de los 5 elementos
Meditation of the 5 elements
Playa | *Beach*
Ana Paula Domínguez & Roberto Gopar

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

Picnic
Jardín Principal | *Main Garden*

Para reservar hasta el 30 de abril de 2020.

Book through April 30th, 2020.

Para viajar del 1 al 3 de mayo de 2020.

Travel from May 1st to 3rd, 2020.

- 5% de descuento en Suite Wellness
5% off in Wellness Suite
- \$60 dólares de crédito en Spa
\$60 USD Spa credit

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

wellnessinggetaway.velasresorts.com

#WellnessingByVelas

Para mayor información, contacte a su ConciERGE.
For more information, contact your Concierge.

¡Reserva tu lugar en este viaje de bienestar!
Take your wellness experience to the next level!

Regístrate

Register now