



WELLNESSING *getaway*

01-03
MAY
2020

A wellness event to revitalize the body, and mind, as 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.

● **Friday 1st**

● **8:30 a.m. - 9:30 a.m.**

Yoga
Gazebo garden - Karla Trafa

● **9:30 a.m. - 11:00 a.m.**

Wellness breakfast and superfoods
Azul restaurant

● **11:00 a.m. - 12:00 p.m.**

Cardio Circuit
Main garden - Rebecca Sutton

● **1:00 p.m. - 3:00 p.m.**

Energy lunch
Azul restaurant

● **3:00 p.m. - 4:00 p.m.**

Demonstrative workshop "Food to generate happiness"
Tamayo II - Chef Bautista

● **6:00 p.m. - 7:00 p.m.**

Ancestral ritual of ocean healing
Beach - Adriana Azuara

● **8:00 p.m. - 10:00 p.m.**

Naturalite thematic dinner
Chef Guillaume Morancé

● **Saturday 2nd**

● **8:30 a.m. - 9:30 a.m.**

Core Cardio + Dance
Beach - Rebecca Sutton

● **9:30 a.m. - 11:00 a.m.**

Wellness breakfast and juice therapy
Azul restaurant

● **11:00 a.m. - 12:00 p.m.**

CBD workshop
Tamayo II - Karla Trafa

● **1:00 p.m. - 3:00 p.m.**

Energy lunch
Azul restaurant

● **3:00 p.m. - 4:00 p.m.**

Ceremony of the 7 spiritual centers
Tamayo II
Ana Paula Domínguez - Roberto Gopar

● **5:00 p.m. - 6:00 p.m.**

Raw food demonstrative workshop
Tamayo II - Chef Bautista

● **9:00 p.m. - 10:00 p.m.**

Fire circle
Beach - Tonatiuh García

● **Saturday 2nd**

● **8:30 a.m. - 9:30 a.m.**

Meditation of the 5 elements
Beach (white attire)
Ana Paula Domínguez - Roberto Gopar

● **9:30 a.m. - 11:00 a.m.**

Picnic
Closing in main garden

Booking window through April 30th, 2020

Travel window from may 1st to 3rd, 2020
• 5% off Wellness Suite
• \$60 USD Spa Credit

*Activities, schedules and locations
subject to change without prior notice.*

wellnessinggetaway.velasresorts.com

#WellnessingByVelas

Contact us at:
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