

Wellness

SCHEDULE

Sessions are available from 9:30 AM.

All classes requires a minimum of 2 participants

YOGA

60 MIN. \$50

Our Hatha yoga classes are beginner-friendly and adaptable to your skill level. Our experienced instructors assess guests' abilities during each class to determine the appropriate level, ensuring a personalized experience for everyone.

RESTORATIVE YOGA

45 MIN. \$75

A gentle and accessible yoga practice where postures are adapted for different purposes and combined with breathwork to ensure comfort throughout the session. Suitable for all ages, this practice promotes calmness, relaxes the central and peripheral nervous systems, regulates sleep, oxygenates the body, and relieves muscle tension.

EARTHING OR GROUNDING

50 MIN. \$55

A practice of direct connection with the earth through bare feet, designed to enhance overall well-being. The body absorbs electrons naturally present in the ground, which have antioxidant properties and help neutralize free radicals. This experience supports biological functions, synchronizes the heart's rhythm, reduces stress, improves sleep, decreases inflammation, and boosts vitality.

HEALING BREATHWORK & EMOTIONAL RELEASE

40 MIN. \$55

A therapeutic session using various breathing techniques, including pranayama, to activate emotional release and restore balance in the body. This practice strengthens the immune system, reduces stress, and promotes a deep sense of well-being.

MEDITATION

60 MIN. \$55

A guided meditation session that encourages mindfulness, helping to calm the mind, balance emotions, and connect with the present moment. Through conscious breathing and introspection, this practice fosters mental clarity, deep relaxation, and overall well-being.

MEDITATION IN THE THERMAL RIVER

40 MIN. \$80

A guided meditation session that takes place in the warm and soothing waters of the thermal river.

MEDITATION IN MOTION

50 MIN. \$75

A guided movement experience with music, designed to activate the physical, emotional, and energetic bodies. This practice promotes calmness and joy, oxygenates the mind and body, strengthens the cardiovascular system, and facilitates emotional transformation.

HEALING FREQUENCY SESSION*

45 MIN. \$55

This healing frequency session uses high-frequency vibration instruments, such as tuning forks and pure Hz tones, to tune and balance the electromagnetic body, realign energy, calm the mind, and elevate vibrational frequency.

KIRTAN*

45 MIN. \$75

A sacred chanting session featuring traditional Indian mantras and other heart-centered songs (including ícaros). This practice raises vibrational frequency, harmonizes energy, and enhances intention-setting.

CACAO CIRCLE*

60 MIN. \$75

Cacao is a sacred drink in Mayan cosmology, known as *Kuku*, meaning 'sacred above the sacred.' In this ceremony, we share cacao with the intention of enhancing heart-to-heart communication. Cacao increases blood flow, releases serotonin (the happiness hormone), reduces stress, and calms the mind. It also provides essential minerals such as potassium, magnesium, iron, and vitamins B and C.

MINDFULNESS*

50 MIN. \$55

Unlike traditional meditation, mindfulness focuses on paying attention to the present moment through the senses—intentionally, without judgment, and with an attitude of openness and acceptance. It is a practice that fosters awareness and connection with the present.

SOUND BATH*

50 MIN. \$55

This sound bath uses harmonic vibrations to induce deep relaxation, balance energy, and enhance overall well-being.

* SEASONAL & SPECIAL OFFERINGS

Our special wellness experiences are scheduled on select days, offering deep relaxation and transformation. Availability is limited to certain days of the week

CANCELLATION POLICY

We have a strict cancellation and rescheduling policy. Please cancel or reschedule your session at least 24 hours in advance to avoid a 100% cancellation fee

RECOMMENDATIONS

Avoid heavy meals at least one hour before your experience.
Avoid alcohol consumption.
After the session, drink plenty of water.
Wear comfortable clothing, bring insect repellent, a water bottle, closed-toe shoes, and sunscreen.
For thermal river meditation: Bring a swimsuit and water shoes.



Prices do not include 13% sales tax and are based in a minimum of 2 participants