

PROGRAMA DE ACTIVIDADES DE BIENESTAR
WELLNESS ACTIVITIES PROGRAMME

ENERO JANUARY

| LUNES MONDAY | MARTES TUESDAY | MIÉRCOLES WEDNESDAY | JUEVES THURSDAY | VIERNES FRIDAY | SÁBADO SATURDAY | DOMINGO SUNDAY |
|-----------------|-------------------|------------------------|--------------------|-------------------|--------------------|-------------------|
| | | | | | 01 | 02 |
| 03 | 04 | 05 | 06 | 07 | 08 | 09 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

ACTIVIDADES · HORARIO
ACTIVITIES · SCHEDULE

9.00 H
9 AM



YOGA



YOGA NIDRA



TAI CHI · CHIKUNG



MINDFULNESS



RELAJACIÓN
CREATIVA
CREATIVE
RELAX



TANTRA
EN PAREJA
TANTRA
FOR COUPLE



BIENESTAR
ESPECIAL AÑO NUEVO
SPECIAL NEW YEAR
WELLNESS

20.00 a 22.00 H
8 to 10 PM



VIOLINISTA AMENIZANDO CENA VIOLINIST AT DINNER



HORARIO DE
ACTIVIDADES: 9h | 20 a 22h
SCHEDULE OF
ACTIVITIES: 9 am | 8 to 10 pm

***Actividades gratuitas.**
Plazas limitadas. Reserva
con antelación en Recepción
*Free activities. Limited places.
Book in advance at the Reception

