
























**PROGRAMA DE ACTIVIDADES DE BIENESTAR**  
WELLNESS ACTIVITIES PROGRAMME

**MAYO** MAY

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



MINDFULNESS



TAI CHI · CHIKUNG



TANTRA EN PAREJA  
TANTRA FOR COUPLE

20.30 a 22.00 H  
8.30 to 10 PM



VIOLINISTA AMENIZANDO CENA VIOLINIST AT DINNER



**HORARIO DE ACTIVIDADES:**

**9.00h | 20.30 a 22.00h**

**SCHEDULE OF ACTIVITIES:**

**9 am | 8.30 to 10 pm**

**\*Actividades gratuitas.**

**Plazas limitadas. Reserva con antelación en Recepción**

**\*Free activities. Limited places.**

**Book in advance at the Reception**

