












































PROGRAMA DE ACTIVIDADES DE BIENESTAR WELLNESS ACTIVITIES PROGRAMME

JULIO JULY

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



OM CHANTING



PASEO MINDFULNESS
WALKING MINDFULNESS



MANOS
CREATIVAS
CREATIVE
HANDS



VISUALIZACIÓN
GUIADA
GUIDED
VISUALIZATION



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

