



WELL-BEING ACTIVITY TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Hatha Yoga 8:00	Vinyasa Yoga 8:00	Ashtanga Yoga 8:00	Hatha Yoga 8:00	Moon Yoga 8:00	Vinyasa Yoga 8:00	
Spinal Stretch 9:30	Core Strength 9:30	Yin Yoga 9:30	Core Strength 9:30	Yoga Duo 9:30	Core Strength 9:30	
Sleep Meditation 11:00	Herbal Massage Oil 12:00	Gratitude Meditation 11:00	Breathing Exercise 11:00	Sound Meditation 12:00	Cacao Journey 12:00	
*Counter Tech Moves 14:00	*Breathwork 14:00	Better Sleep 14:00	*Conscious Movement 14:00	*Mangrove & Movement 14:00	*Conscious Grounding 14:00	Aromatherapy 14:00



Cacao Journey

Learn about this sacred plant for the Mayan culture honoring ancestral traditions.



Core Strength

Strengthen your core muscles through fundamental Pilates practices.



Conscious Grounding

Reconnect with earth through this guided barefoot walking meditation.



Sleep Meditation

Learn a relaxing technique to get a good night's sleep.



Conscious Movement

Increase your concentration through gentle movements and conscious breathing.



Counter Tech Moves

Discover ways to reset the negative effects of technology.



Better Sleep

Ensure quality sleep by creating a bedtime routine for the senses.



Sound Meditation

Discover a path to inner transformation through sound vibration.



Mangrove & Movement

Awaken your senses through organic body movements and connect with the Mangrove Ecosystem.



Spinal Stretch

Cultivate a flexible spine to reduce tension and improve your workout routine.



Gratitude Meditation

Learn to cultivate an open and gentle feeling of thankfulness for all that is good in your life.



Breathing Exercise

The way we breathe affects our entire body. Learn breathing techniques to handle daily challenges.



Herbal Massage Oil

Prepare your own massage oil using a traditional method with natural ingredients.



Aromatherapy

Discover the benefits of the essential oils and create a room spray from curate blend of components.



Moon Yoga

A sequence that opens the hip and heart, inspired by feminine aspects and lunar energy.



Yin Yoga

This slow-paced style focuses on connective tissues. It's good for balancing intense workouts.



Yoga Duo

Create bonding and connection, experience the benefits of yoga with a friend, partner or family member.



Ashtanga Yoga

Challenge your strength and flexibility with postures and movements in a set sequence.



Hatha Yoga

Practice the traditional form of yoga. Pranayama, asanas, mudras and bandhas.



Vinyasa Yoga

Dynamic and fluid movements between poses, with a focus on energy and breath.



Breathwork

This active breathing session increases oxygenation in the body, releases emotions and boost your energy.

Reservation required: Ext. 7402 | Spa.Mayakoba@groupbanyan.com | Check in at the Spa.
All classes are MXN 500 per person per session | *Complimentary Activities.