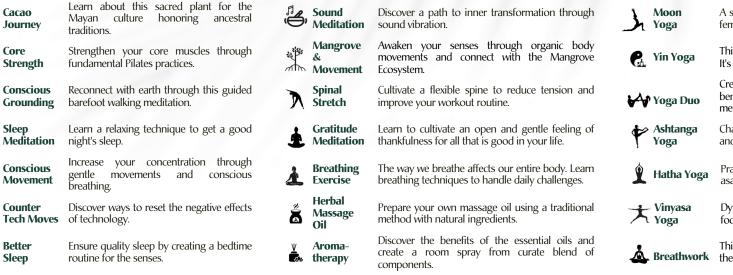


WELL-BEING ACTIVITY TIMETABLE

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

Core

Sleep

Journey

Strength

Conscious

Grounding

Meditation

Conscious

Movement

Counter

Better

Sleep

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

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

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

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

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

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

This active breathing session increases oxygenation in **Breathwork** 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.