


























*"One day, can change your whole life!"*

MONDAY JUN 8	TUESDAY JUN 9	WEDNESDAY JUN 10	THURSDAY JUN 11	FRIDAY JUN 12	SATURDAY JUN 13
 <b>WELCOME &amp; REGISTRATION COCKTAIL</b> 12:00 to 17:00 HRS	<b>MASSAGE &amp; FACIAL LESSON</b>  <b>8:00 Hrs.</b> MEMBERS BEACH CLUB	<b>PREHISPANIC DANCE ROUTINE</b>  <b>8:00 Hrs.</b> WELLNESS CENTER	<b>AQUACARDIO</b>  <b>8:00 Hrs.</b> BEACH CLUB POOL	<b>YOGA</b> by Sean Jordan  <b>8:00 Hrs.</b> WELLNESS CENTER	<b>1. 3, 5K RACE</b>  <b>8:00 Hrs.</b> MEETING POINT
	<b>NATURAL PATH EXCURSION</b>  <b>10:30 Hrs.</b> MEMBERS VIP LOUNGE	<b>NATURAL PATH EXCURSION</b>  <b>10:30 Hrs.</b> MEMBERS VIP LOUNGE	<b>NATURAL PATH EXCURSION</b>  <b>10:30 Hrs.</b> MEMBERS VIP LOUNGE	<b>NATURAL PATH EXCURSION</b>  <b>10:30 Hrs.</b> MEMBERS VIP LOUNGE	<b>NATURAL PATH EXCURSION</b>  <b>10:30 Hrs.</b> MEMBERS VIP LOUNGE
	<b>HOW TO MAKE HEALTHY SNACKS?</b>  <b>13:00 Hrs.</b> MEMBERS BEACH CLUB	<b>MAYAN PURIFICATION</b>  <b>13:00 Hrs.</b> MEMBERS BEACH CLUB	<b>HOW TO MAKE HEALTHY DRINKS?</b>  <b>13:00 Hrs.</b> MEMBERS BEACH CLUB	<b>CATCH OF THE DAY</b>  <b>13:00 Hrs.</b> MEMBERS BEACH CLUB	<b>HOW TO MAKE HEALTHY DESSERTS?</b>  <b>13:00 Hrs.</b> MEMBERS BEACH CLUB
	<b>OPENING EVENT</b>  <b>18:30 Hrs.</b> BEACH	<b>GRATITUDE CEREMONY</b>  <b>18:30 Hrs.</b> LOBBY	<b>NUTRITION WORKSHOP</b>  <b>18:30 Hrs.</b> SKY BAR	<b>GUIDED MEDITATION &amp; BREATHING EXERCISES</b>  <b>18:30 Hrs.</b> SKY BAR	<b>WHITE FAREWELL DINNER</b> 
	<b>BEACH WELCOME DINNER</b>  <b>19:00 - 21:00 Hrs.</b> BEACH	<b>MAYAN EXPERIENCE DINNER</b>  <b>19:00 - 21:00 Hrs.</b> PALAPA BEACH	Look for the <b>GLOBAL WELLNESS MENU</b> at the restaurant of your choice  A LA CARTE RESTAURANTS	Look for the <b>GLOBAL WELLNESS MENU</b> at the restaurant of your choice  A LA CARTE RESTAURANTS	<b>DAZZLE US WITH YOUR BEST WHITE OUTFIT, THAT STANDS OUT IN THE SEA AND THE SUNSET.</b> <b>18:30 - 22:00 Hrs.</b> WELLNESS CENTER

SUNDAY JUN 14 | GOOD BYE CHECK-OUT

**GLOBAL WELLNESS DAY<sup>®</sup>**

**7** Continents  
**150** Countries

-  Walk for an hour.
-  Drink more water.
-  Don't use plastic bottles.
-  Eat healthy food.
-  Do a good deed.
-  Have a family dinner with your loved ones.
-  Sleep at 10:00 PM.

\* Events, locations, dates and times of the calendar may be changed or cancelled.