
























WELL-BEING ACTIVITY TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Gentle Yoga 8:00	Energizing Yoga 8:00	Alignment Yoga 8:00	Gentle Yoga 8:00	Moon Yoga 8:00	Energizing Yoga 8:00	**Temazcal & Breakfast 8:30
Core Strength 9:30	Spinal Stretch 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	SUNDAY Aromatherapy 14:00
*Counter Tech Moves 14:00	*Breathwork 14:00	*Better Sleep 14:00	*Conscious Movement 14:00	*Mangrove & Movement 14:00	*Conscious Grounding 14:00	

 Gentle Yoga	Deepen your practice at a gentle pace that will allow you to focus body and mind, here and now.	 Core Strength	Strengthen your core muscles through fundamental Pilates practices.	 Temazcal & Breakfast	Experience a relaxing and purifying Temazcal session that includes remedy bar, local fruits and superfoods.
 Energizing Yoga	Boost your energy with dynamic movements, create a sense of flow and self-confidence.	 Breathing Exercise	The way we breathe affects the entire body. Learn breathing techniques to handle daily challenges.	 Sound Meditation	Discover a path to inner transformation through sound vibration.
 Alignment Yoga	Learn key principles to maximize the benefits in each pose and reduce susceptibility to injuries.	 Breathwork	This active breathing session increases oxygenation in the body, releases emotions and boost your energy.	 Cacao Journey	Learn about this sacred plant for the Mayan culture honoring ancestral traditions.
 Moon Yoga	A sequence that opens the hip and heart, inspired by feminine aspects and lunar energy.	 Gratitude Meditation	Learn to cultivate an open and gentle feeling of thankfulness for all that is good in your life.	 Mangrove & Movement	Awaken your senses through organic body movements and connect with the Mangrove Ecosystem.
 Yin Yoga	Find a state of deep relaxation through this slow-paced style that focuses on connective tissues.	 Sleep Meditation	Listen and experience this meditation technique that promotes a good night's rest.	 Herbal Massage Oil	Prepare your own massage oil using a traditional method with natural ingredients.
 Yoga Duo	Experience the benefits of yoga and strengthen the bond with loved one, friend, or family member.	 Conscious Grounding	Reconnect with earth through this guided barefoot walking meditation.	 Aroma-therapy	Discover the benefits of the essential oils and create a room spray from curate blend of components.
 Spinal Stretch	Enhance spinal health with exercises that promote flexibility. Suitable for everyone.	 Conscious Movement	Increase concentration and balance by combining breathing with gentle movements.	 Better Sleep	Ensure quality sleep by creating a bedtime routine for the senses.

Reservation required: Ext. 7402 | Spa.Mayakoba@groupbanyan.com | Check in at the Spa.
Classes are MXN 500 per person per session | *Complimentary Activities | **Ancestral Practice or Cultural Experience