

SPA WELLNESS OFFERING

Daily complimentary Welllness Experiences



MORNING WELLNESS RITUALS

8:00 AM – 8:45 AM



Traditional Yoga
Tuesday | Thursday | Saturday



Elemental Yoga
Wednesday | Friday | Sunday



AFTERNOON MIND & BODY EXPERIENCES

2:00 PM – 2:30 PM



Ocean Breath Meditation *Tuesday*



Signature Breathwork *Thursday*



Anxiety Release Workshop *Saturday*



Stress Release:
Neck & Shoulder Massage Class
(2:00 PM – 2:20 PM) *Wednesday | Friday*



Learning the Art of Massage *Sunday*
(2:00 PM – 2:20 PM)



Scan the QR code below to discover each wellness experience.



Advance reservation is recommended via Guest Assistant on extension 1 on your phone, Resort reception or by visiting the Spa Reception in person to book.



All reservations are hosted at the Yoga Studio in the Spa & Wellness Centre.

