

ALMARENA WELLNESS

WEEKEND



MOVE. RESTORE. CONNECT.

A curated weekend to recharge your body, calm your mind,
and reconnect with what matters most.



JUNE 18
Opening

5:30 PM

YOGA & BREATHWORK

45 min yoga and 15 minute breathwork to help set the intention for the weekend.



JUNE 19
Move &
Recharge

8:00 AM

SHORELINE HIIT

50 minute beach workout. A high-energy HIIT workout on the sand, blending strength moves for a full-body burn with ocean views as your backdrop.

1:00 PM -
5:00 PM

RESTORATIVE HOURS

Spa Treatments & Contrast Therapy Sessions. Enjoy organic fruit-infused ice pops to cool the body and elevate your recovery.

Enjoy a 10% discount on all our spa treatments.

5:30 PM

LATIN DANCE CLASS

60 minutes. Learn Latin dance moves as the sun sets. Mocktail included.



JUNE 20
Slow Down

8:30 AM

ALMARENA FLOW & INFUSION

An uplifting, dynamic flow followed by a moment of connection and calm as you enjoy a warm, nourishing tea to ground and restore.

11:00 AM

TEMAZCAL (optional)

A guided ceremony rooted in Mexican tradition designed to purify the body, release tension, and reconnect you to breath, heat, and intention.

**Additional cost of \$185 + tax per person.*

1:00 PM -
5:00 PM

RESTORATIVE HOURS

Spa Treatments & Contrast Therapy Sessions. Enjoy organic fruit-infused ice pops to cool the body and elevate your recovery.

Enjoy a 10% discount on all our spa treatments.

6:00 PM

SOUND BATH

Through soothing vibrations and meditative tones, this immersive experience invites relaxation and inner balance. A peaceful close to your stay, you will leave the weekend feeling renewed and restored.

MEMBER \$50 - HOTEL GUEST \$150 - VISITORS \$200

All pricing in USD, 16% tax added to all rates

For those wishing to fully immerse in the weekend, a limited number of hotel rooms have been reserved at preferred rates for June 18 - June 21.



SCHEDULE AND OFFERINGS ARE SUBJECT TO CHANGE.