

HACIENDA DEL SOL

Dry Season

WEEKLY WELLNESS SCHEDULE · NOVEMBER 1 – JUNE 1

*When the afternoons open wide and the light lingers,
we save the shuttle for sunset and send you to the water as the day softens.*

	MON	TUE	WED	THU	FRI	SAT	SUN
7:30 – 8:00	Breathwork	Meditation	Breathwork	Meditation	Breathwork	Jungle Bathing	Guided Beach Hike & Swim
8:00 – 9:00	Primal Yoga	Primal Yoga	Primal Yoga	Primal Yoga	Primal Yoga	Garden Tour	.
12:00 – 1:00	Primal Fitness	Primal Fitness	Primal Fitness	.	Primal Fitness	Primal Fitness	Primal Fitness
2:00 – 3:00	.	.	Cooking Class	.	.	.	.
3:00 – 4:00	Fascia Fusion	Bliss Yoga	Mindful Release	Bliss Yoga	Fascia Fusion	Mindful Release	Movement Meditation
4:20 – 6:00	Sunset Shuttle	Sunset Shuttle	Sunset Shuttle	Sunset Shuttle	Sunset Shuttle	.	.

Grounded in the eight elements — stillness, restoration, movement, nature, nourishment, connection, growth & rest.

WITH OUR CONTINUED FOCUS ON WELLNESS INNOVATION, CLASSES ARE SUBJECT TO GENTLE CHANGE · HACIENDADELSOLCR.COM