

HACIENDA DEL SOL

Green Season

WEEKLY WELLNESS SCHEDULE · JUNE 1 – NOVEMBER 1

*When the mornings are golden and the afternoons belong to the rain,
we move early and meet the sea before midday.*

	MON	TUE	WED	THU	FRI	SAT	SUN
7:30 AM	Meditation	Breathing Practice	Beach Hike & Ocean Dip	Meditation	Breathing Practice	Meditation	Jungle Bathing
8:00 – 9:00	Primal Yoga	Primal Yoga	.	Primal Yoga	Primal Yoga	Primal Yoga	Garden Tour
10:00 – 11:00	Beach Shuttle	Beach Shuttle	.	Beach Shuttle	Beach Shuttle	Beach Shuttle	.
12:00 – 1:00	Primal Fitness STRENGTH	Primal Fitness CARDIO	.	Primal Fitness STRENGTH	Primal Fitness JOINT HEALTH	.	Primal Fitness JOINT HEALTH
2:00 – 3:00	.	.	Cooking Class	.	.	.	.
4:00 – 5:00	Fascia Fusion	Bliss Yoga	Mindful Release	Bliss Yoga	Fascia Fusion	.	Movement Meditation

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