

WELLNESS SCHEDULE

AUGUST 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 AM PILATES STRENGTH & SCULPT	_____	7 AM WELLNESS WEDNESDAY	8 AM PILATES	9 AM YIN/ YANG YOGA	8 AM NERVOUS SYSTEM RESET & SOUND	9 AM RESTORATIVE YOGA
_____	5 PM YIN YOGA	9 AM ATHLETIC VINYASA YOGA	_____	_____	_____	_____

DROP IN CLASS
C\$919 / US\$25 EACH

PRIVATE CLASSES
C\$2,930 / US\$80
FOR 2 PEOPLE

C\$732 / US\$20
PER PERSON
AFTER THE INITIAL
C\$2,930 / US\$80 FEE

ALL CLASSES WELCOME
ALL LEVEL

EXPLORE DETAILS



WELLNESS WEDNESDAY

A private elemental experience with Qigong, breathwork, meditation, and contrast therapy pools.

ON WEDNESDAYS
THE SPA IN EL BOSQUE
7 AM - 8:15 AM
UP TO 4 GUESTS

1-2 PERSON: C\$3,663 / US\$100
3 PEOPLE: C\$4,761 / US\$130
4 PEOPLE: C\$5,860 / US\$160

This experience is subject to availability, please register no later than Tuesday at noon

MONTHLY SPECIAL

RESTORE FROM HEAD TO TOE

AVAILABLE DURING AUGUST
THE SPA IN EL BOSQUE
C\$12,454 / US\$340

Treat yourself to the Head to Toe Delight, a restorative ritual designed to melt away tension while leaving your skin nourished and refreshed. Throughout August, enjoy a complimentary Patchology Face Mask for an added boost of hydration and radiance.

YOGA & MOVEMENT CLASSES

ENGLISH

ESPAÑOL

ATHLETIC VINYASA YOGA

A dynamic Vinyasa flow that weaves stability, core work, and flexibility together, leaving you feeling energized, balanced, and restored. All levels

NERVOUS SYSTEM RESET & SOUND

Begin your day with mindful movement and deep restoration. This calming class blends grounding, gentle self-soothing techniques, somatic movement, Qi Gong-inspired tapping, Yin stretching, and a soothing sound healing to help you relax, reset, and restore balance.

PILATES

A mat-based exercise using body weight to perform controlled movements, strengthening the core, improving flexibility, and supporting overall balance and alignment.

PILATES STRENGTH & SCULPT

Strengthen, tone, and lengthen your body through precise, controlled movement. Blending classical Pilates with modern techniques, this low-impact, full-body workout improves core strength, balance, flexibility, and posture, leaving you feeling stronger, more aligned, and refreshed.

RESTORATIVE YOGA

A slow, gentle practice using full prop support to allow effortless release for a complete nervous system reset.

YIN YOGA

A slow, meditative practice of long-held postures that gently target the body's deeper connective tissues.

YIN/YANG YOGA

Experience the balance of strength and stillness in this class that combines energizing Yang movement with deeply restorative Yin stretches. Improve flexibility, build strength, and restore harmony in both body and mind.

ATHLETIC VINYASA YOGA

Un flujo dinámico de Vinyasa que combina estabilidad, fortalecimiento del core y flexibilidad para que te sientas con más energía, equilibrio y renovación. Apto para todos los niveles.

RENUEVA TU SISTEMA NERVIOSO

Esta clase relajante combina técnicas de conexión a tierra, ejercicios suaves de autorregulación, movimiento somático, golpeteo inspirado en Qi Gong, estiramientos Yin y una experiencia de sanación con sonido para ayudarte a relajarte, restablecer el equilibrio y recuperar tu bienestar.

PILATES

Clase en colchoneta que utiliza el peso corporal, enfocada en fortalecer el core, mejorar la flexibilidad y la alineación.

PILATES STRENGTH & SCULPT

Combina el Pilates clásico con técnicas modernas en un entrenamiento de bajo impacto para todo el cuerpo, mejorando la fuerza del core, el equilibrio, la flexibilidad y la postura, para que te sientas más fuerte, alineado y renovado.

YOGA RESTAURATIVO

Una combinación de yoga y pilates enfocada en fortalecer el core, mejorar la flexibilidad y la postura.

YIN YOGA

Clase de ritmo lento con posturas pasivas y sostenidas que trabajan tejidos conectivos profundos como la fascia, articulaciones y ligamentos.

YIN/YANG YOGA

Una clase que combina la energía del Yang con la profunda restauración de los estiramientos Yin. Mejora tu flexibilidad, desarrolla fuerza y restablece la armonía entre el cuerpo y la mente.