



**SIGNATURE**  
WELLNESS PROGRAM

Meeting point: Reception YHI Spa

**LUNES | MON.**

10:00 - 10:45  
**STRETCH** Move and recover

11:15- 12:00  
**YOGA** Balance and evolve

**MARTES | TUE.**

17:00 - 17:45  
**YOGA** Balance and evolve

18:30- 19:00  
**CANDLELIGHT MEDITATION**

**MIERCOLES | WED.**

10:00 - 10:45  
**STRETCH** Move and recover

11:30- 12:00  
**BREATH MEDITATION**

**JUEVES | THU.**

17:00 - 17:45  
**YOGA** Balance and evolve

18:30- 19:00  
**CANDLELIGHT MEDITATION**

**VIERNES | FRI.**

10:00 - 10:45  
**STRETCH** Move and recover

11:30- 12:00  
**SERENITY MEDITATION**

**SABADO | SAT.**

10:00 - 10:45  
**YOGA** Balance and evolve

11:30- 12:00  
**BREATH MEDITATION**

**Activities included**  
**Save your spot at the Reception YHI Spa**



Hotel  
**Hacienda del Conde**  
MEMBER OF MELIA COLLECTION