

SIGNATURE WELLNESS PROGRAM

Designed by SUDA®



 wireless headphones

Hotel
Hacienda del Conde
MEMBER OF MELIÁ COLLECTION

LUNES | MON.

16:00 - 16:45

YOGA *Balance and evolve*

17:15 - 18:00

STRETCH *Move and recover*

JUEVES | THU.

09:00 - 9:45

STRETCH *Move and recover*

10:45 - 11:15

BREATH MEDITATION 

16:00 - 16:45

TRAINING *Focus and connect*

17:30 - 18:00

BREATH MEDITATION 

MARTES | TUE.

09:00 - 9:45

YOGA *Balance and evolve*

10:45 - 11:15

BREATH MEDITATION 

16:00 - 16:45

TRAINING *Focus and connect*

17:30 - 18:00

BREATH MEDITATION 

VIERNES | FRI.

16:00 - 16:45

YOGA *Balance and evolve*

18:00 - 18:30

CANDLELIGHT MEDITATION

MIERCOLES | WED.

16:00 - 16:45

YOGA *Balance and evolve*

17:30 - 18:15

STRETCH *Move and recover*

SÁBADO | SAT.

16:00 - 16:45

STRETCH *Move and recover*

18:00 - 18:30

CANDLELIGHT MEDITATION



Activities included. Save your spot at the Reception Desk.