



WELLNESSING GETAWAY

WELLNESS IN ACTION

May 9th - 11th, 2019

An expert-led wellness journey to restore body, mind, and soul in settings highlighting Mexico's enticing beauty, with activities from daily oceanfront yoga sessions to personalized wellness menus. The ultimate restorative interlude in Riviera Nayarit.

ACTIVITIES PROGRAM

Thursday 9

- 8:30 a.m. - 9:30 a.m.
Yoga with weights | *Sherri Baptiste*
- 9:30 a.m. - 11:00 a.m.
Breakfast
- 11:00 a.m. - 12:00 p.m.
Reconnect with your essence:
Kundalini Yoga meditation
and ancestral sounds
Ana Paula Dominguez and Roberto Gopar
- 2:00 p.m. - 3:00 p.m.
Lunch
- 3:00 p.m. - 4:00 p.m.
Stretch Yoga | *Claire Grieve*
- 5:00 p.m. - 6:00 p.m.
Shamanic Ritual | *Colleen McCann*
- 8:00 p.m. - 9:00 p.m.
Gala Dinner
Five senses on the table

Friday 10

- 8:30 a.m. - 9:30 a.m.
Cardio & Sculpt | *Rebecca Sutton*
- 9:30 a.m. - 11:00 a.m.
Breakfast
- 11:00 a.m. - 12:00 p.m.
Restorative Yoga | *Claire Grieve*
- 2:00 p.m. - 3:00 p.m.
Lunch
- 3:00 p.m. - 4:00 p.m.
Crystal Readings
Colleen McCann
- 5:00 p.m. - 6:00 p.m.
Aqua Forza
- 8:00 p.m. - 9:00 p.m.
Kirtan with bonfire
Javier Bautista

Saturday 11

- 8:30 a.m. - 9:30 a.m.
Master Power of Yoga | *Sherri Baptiste*
- 9:30 a.m. - 11:00 a.m.
Breakfast
- 11:00 a.m. - 12:00 p.m.
Core Cardio Circuit | *Rebecca Sutton*
- 1:00 p.m. - 2:00 p.m.
Vibration journey: Shamanic drums
Roberto Gopar
- 2:00 p.m. - 3:00 p.m.
Lunch
- 3:00 p.m. - 9:00 p.m.
Spa treatments with special
\$50 USD credit

All the activities are part of the All-Inclusive plan.

VELAS EXPERTS: Accumulate the most reservations and you could win up to **1,500 points** plus **2-night stay** at the event!

SPECIAL GUESTS FOR OUR 2019 GETAWAY



Rebecca Sutton

Fitness coach, Mexican entrepreneur, wife, and mother of 3 children, founder of the Cardio & Sculpt Power Yoga system, which fuses yoga postures with cardio fitness. She has positioned herself as one of the most influential Core power Coaches in Latin America.



Sherri Baptiste

An inspirational teacher at the forefront of yoga training in the US. Founder of "Baptiste Power of Yoga," a nationally recognized yoga method. Author of 'Yoga with Weights' and 'Yoga All in One for Dummies' books.



Claire Grieve

Yoga specialist, stretch therapist, health coach, and wellness writer. Her mission is to inspire individuals to reach beyond the ordinary and step outside their comfort zone. Also, she has been featured in several publications such as Harper's Bazaar, Vogue and Shape Magazine.



Colleen McCann

A certified Shamanic Energy Practitioner. She has traveled the world researching crystal traditions and conducting crystal readings, as well as space clearing and balancing and shamanic healing. Her work has been featured on GOOP, and in The New York Times, Vogue, Vanity Fair, Refinery29.



Ana Paula Domínguez

Founder and director of the Mexican Institute of Yoga, and a certified Kundalini Yoga instructor. In India, she studied the traditional system of Indian medicine (Ayurveda). She has written several books and is currently a facilitator for the "Harmonizer Program" of the PeaceEarth Foundation, in coordination with the UNESCO.



Roberto Gopar

A pioneer in the research, diffusion and use of sound therapy as a complementary treatment for various conditions. He has investigated the effects of multiple ancestral instruments vibration on the three spheres of human being: physical, mental-emotional and spiritual.



Javier Bautista

Yoga instructor certified by the Jñana Dakini space teacher and the professor Óscar Velázquez. He is a teacher of music and sacred chant, therapist and sound therapist. He is also Trinidadian healer and expert in the use of temazcal in traditional medicine.