

LOS CABOS

WELLNESS BY THE SEA OF CORTEZ

ITINERARY – DAY BY DAY



An aerial photograph of the Sea of Cortez, showing vibrant turquoise and emerald green waters. In the lower-left quadrant, a white boat with several people on board is visible. The right side of the image shows a rocky coastline with white waves crashing against the shore. The text 'WELLNESS BY THE SEA OF CORTEZ' is overlaid on the right side of the image.

WELLNESS BY THE SEA OF CORTEZ

The majestic Golf of California as you have never seen a place where *wild desert meets ocean wildlife.*

Resorts in Los Cabos have preserved our ancestral wisdom using special herbs and plants to heal and energize our mind, body and soul through different techniques unique in the area along with wellness experiences, fitness, yoga workshops as well as inherited rituals around the phases on the moon, cacao ceremonies, among others.

Los Cabos invites you to experience a spiritual connection with the destination, in particular with the spectacular sunrises and picture-perfect sunsets in a framework of unique contrasts that charge with positive energy.



ARRIVAL TO LOS CABOS

Discover the Sea of Cortez in a very unique way doing a yoga session by the iconic Arch at Land's End. Or how about an adventure at the hot springs of Sierra de la Laguna, an ancient ceremonial center of the indigenous community of the Pericues.

We have curated unique experiences with our local experts: passionate yoga masters with years of training, the top certified holistic health coach in Cabo, naturalist guides, amazing chefs, a lovely local artist, and different personalities that you will meet along this journey.

"PARADISE AT LAND'S END BAJA"

- Private Transfer from Los Cabos Int Airport (SJD) to your hotel choice.
- Welcome Amenity.



HEALING IN THE WATERS OF THE SEA OF CORTEZ

FROM 7:00 – 10:00 AM

A new beginning... where wellness is an essential part of our life. We have curated a unique experience to activate the process of becoming aware of and making choices toward a healthy and fulfilling life. Maintaining an optimal level of wellness is absolutely crucial to live a higher quality life. It is important for everyone to achieve optimal wellness in order to subdue stress, reduce the risk of illness and ensure positive interactions.

Enjoy the perfect mix of wellness, luxury and adventure during what is sure to be a fantastic day on the water. Explore Baja's spectacular coast, Lover's Beach and The Arch dropping anchor off scenic Pelican Rock to enjoy a breathing session with our local master.

Experience a healing cruise in Land's End

Highlights & Inclusions:

- Pelican - Private Cruise – 3 Hours (start time might change according to sunrise)
- Sunrise Yoga Session in front of the Arch by local Yoga Master
- Healthy Menu & Specialty Beverages curated by Chef Javier Plascencia
- Breathing Session floating in the Sea of Cortez by local Master
- Healing Music curated DJ Capri
- MTV Award Winner for best Latin America Artist
- Private Roundtrip Transportation

FROM 10:30 – 12:30 PM

Time at Leisure at the hotel

FROM 12:00 – 12:30 PM

Organic local lunch at the hotel

FROM 2:00 – 3:30 PM

Mindfulness workshop (60 - 75 min)

By Stacey Reid BA, CHHC / Location: Hotel

- The importance of staying in the present moment
- The importance of managing emotions
- How to fill our up ourselves, without external validation
- The importance of being authentically you
- The importance of boundaries. Who they are for and why they are imperative
- How food plays a role in mood and our ability to connect with our intuition and trust ourselves

FROM 7:00 – 10:00 PM

Off-Site Dinner Optional

Dinner at Ediths Restaurant, in Cabo San Lucas

Edith's is a vivid combination of the Cuisine of Baja California with a Guerreran flair, featuring a regional fusion of steaks and seafood with local ingredients.



Enjoy the perfect mix of wellness, luxury and adventure during what is sure to be a fantastic day on the mountains. Explore Baja's natural reserve park, a true Oasis in the middle of the desert.

Highlights & Inclusions:

- Private Healing Experience (6 to 7 hours day trip)
- Nature Hike + Meditation at the Canyon with our local expert guide
- Hot Springs Experience + Breathing + Damiana Tea with our local expert guide
- Lunch at the Estuary curated by Chef Alex Branch with organic local produce
- Damiana Local Gift
- Private Roundtrip Transportation

HEALING IN THE WATERS OF SIERRA DE LA LAGUNA

FROM 8:00 – 3:00 PM

We have curated a unique experience to activate the process of becoming aware of and making choices toward a healthy and fulfilling life. Today you will experience the other side of Los Cabos, up the less traveled roads where the old Baja lifestyle remains intact: Sierra la Laguna, a reserve natural area.

Arrive to a local ranch to experience the unexpected: "Your private natural hot springs". Enjoy small waterfalls that cascades into a natural pool, hike up and discover all the endemic species from Baja Sur.

HEALTH BENEFITS OF HOT SPRINGS

- Boost Boost Blood Circulation
- Reduce Stress and Promote Sleep
- Help reduce stress by relaxing tense muscles
- Relieve Pain
- Heal Skin Problems

FROM 3:00 – 5:00 PM

Time at Leisure at the hotel

FROM 5:00 – 6:30 PM

Art Therapy session
by a local artist *Patricia Mendoza*

Patricia Mendoza has a contemporary art gallery at the center of San José del Cabo's Art District. A lifelong passion for art has been the origin of creating an art gallery as a door for Mexican artists with a successful path behind and ahead of them.

FROM 6:30 – 7:30 PM

San Jose del Cabo's "Art Walk". In the middle of an environment full of history and that stretches along picturesque streets with unparalleled hospitality.

FROM 8:00 – 10:30 PM

Dinner at Farm to Table Restaurant

From Our Field to Your Table. Flora's Field kitchen is about handmade food using our farm fresh ingredients. Our goal is to create a healthy family meal with a sense of place.



HEALING IN BAJA SUR

FROM 7:00 – 8:30 AM

Vinyasa or Naam Yoga by the beach at sunrise with Gaby de La Rosa

Gaby de la Rosa shares the experience and her passion for Yoga, she has been in contact with this spiritual practice since 2002. As a yoga instructor for more than 10 years, she found in the practice of Yoga, healing for her mind, emotions and Body. She has realized that health is the most precious thing of the human being. She believes that everyone deserves the luxury of physical, spiritual and mental balance. She has combined this experience with Vinyasa flow, Power Yoga and Shakti Naam Yoga, developed by Dr. Joseph Levy, who has been her spiritual guide for over 9 years.

FROM 8:30 – 9:00 AM

Breakfast at leisure at the hotel

FROM 10:00 – 11:00 AM - OPTIONAL

Mindfulness workshop (60 min)
By Stacey Reid BA, CHHC
Optional Follow Up Session

FROM 11:30 – 12:30 PM - OPTIONAL AT HOTEL FACILITIES

Tension release session & stretching
Scott Bailey's Professional Techniques

FROM 1:00 PM

Organic local lunch at the hotel

FROM 4:00 PM - OPTIONAL AT HOTEL FACILITIES

Beautiful inside and out!
Dr. Carlos Mauricio Cárdenas
Surgeon with a master's degree in Aesthetic and Anti-Aging Medicine. Most advanced technology and innovative therapies with minimum recovery periods and the highest safety standards in the comfort of the guest's room.

Detailed list of services

- + Botox
- + Fillers
- + EPN
- + Scalp & Hair regrowth
- + Mona Lisa Skin
(Among others)

FROM 7:00 – 10:00 PM - OFF-SITE DINNER OPTIONAL

Dinner at the hotel / Off site Dinner



GABY DE LA ROSA



STACEY REID



LOS CABOS

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