



Self Love

SPIRIT

Every day you spend here, where rugged cliffs rise from deep ocean blues, you'll discover what it is to escape. And, at the same time, you'll connect more deeply with yourself. Our April Wellness Weekend is designed to nourish body, mind and soul, and put you in touch with what truly matters.

Join us for special programs all weekend long, from guided meditations to Mayan zodiac readings. They're all led by special guest Fernanda Montiel, a renowned healer and the resident Shaman at Waldorf Astoria Los Cabos Pedregal. Montiel has traveled from Playa del Carmen to bring ancient healing practices to life for you, honoring the history of Mexico and the ancestors who came before us. You'll experience more than simple acts of self-care. You'll spark a mood lift, a spirit shift and, ultimately, an exhilarating sense of awakening.

We look forward to sharing the journey with you.

***Programs are included in your stay. Please reserve your spot
in advance via your Personal Concierge.***



FRIDAY, APRIL 9TH



8:00 am - ANCESTRAL MOVEMENT

Meeting point: La Palapa

Balance your body, mind and energy while doing movements based on pre-Columbian codices. Designed to awaken you from the inside out, you'll be empowered to connect with the ancestors and regain vital consciousness. No previous experience necessary.

5:00 pm - GEOTHERAPY

Meeting point: La Palapa

**Swimsuit & sandals required*

The ancient practice of mud healing is brought to life, with benefits for both mind and body. Be guided to a calming meditative state while in direct contact with Mother Earth. The practice is known to spark deep introspection and inspire new ways to love and forgive. Physically speaking, mud helps blood circulation and temperature regulation, while detoxifying, cleansing, purifying and toning the skin. It also helps strengthen bones and muscles and reduce inflammation.

The process: *Participants lie down on a bed of banana leaves and a light layer of mud is applied to the body, after which it's gently wrapped in the leaves. A rinsing ritual takes place to hydrate and nourish the skin. To elevate the quality of nutrients, rose water or petals of flowers and natural oils are infused into the rinse water.*

SATURDAY, APRIL 10TH



8:00 am - ANCESTRAL MEDITATION

Meeting point: La Palapa

Train the mind to integrate the unity of the Self. We'll ease you into things, providing basic tools to understand the meditation process, as well as inspire you to implement it in daily life. In the meditative state of mind, you will find peace, tranquility, and above all, answers to your most intimate questions.

5:00 pm - ORACLE OF THE MOON

Meeting point: Waldorf Astoria Spa

Look to the moon phases to find your path and seek essential truths. Come with a very clear question in mind. You'll write it down and, through the Oracle, discover the answer that the moon phases have prepared. It's a sacred practice intended to provide guidance and knowledge that everyday life cannot give you.

SUNDAY, APRIL 11TH



8:00 am - SPIRIT ANIMALS

Meeting point: La Palapa

Our grandparents say that 13 animals were born at the exact moment of your birth — each intended to guide you during every stage of the moon. In this serene session, we show you three important animals that accompany your path and intention.

5:00 pm - TZOLKIN READING

Meeting point: La Palapa

The ancient Mayans are recognized for their deep observation of the celestial vault. Through a contemporary interpretation of their calendar, called Tzolkin, you'll discover the sign that guides your life. Interpreter J. Argüelles provides your personalized reading from the Tzolkin. Discover more about your origin — both the light and the shadows — in order to be a better person every day. You will be sent a glyph that shows the energy of your birth and a reading of the stars the day you came to this world.

The process: *Please provide your birth date. We will study its energy according to the ancient calendar and the stars with contemporary and simple interpretations. Simply leave your email at the hotel so we can send your reading once it's complete.*

6:00 pm - GUIDED HEALING

Meeting point: La Palapa

With special guests from Playa del Carmen, Shaman Francesca Montiel will lead a group guided healing session, inspired by traditions passed down from her great-great-grandfather, great-grandmother, grandmother and mother. Says Fernanda, "It's based on self-care, self-love and health from the ancestral and traditional point of view. Our guides are our grandparents: water, wind, earth and fire. We celebrate unconditional love."

*One-on-one healing sessions will be available with Fernanda over the weekend.
Please make arrangements via your Personal Concierge.*