

World Wellness Weekend September 19th & 20th, 2020

Schedule of Complimentary Events at Hilton Los Cabos Beach & Golf Resort

Date	Wellness Pillar	Event	Time	Leader	Location
Saturday, September 19th					
	Pillar 3 - Vitality & Movement	Sunrise Beach Yoga	7:00 AM	Ana Alicia Perez	Beach
	Pillar 3 - Vitality & Movement	BogaFit Floating Mat Training	9:30 AM	Karla Garcia	Dolphin Pool
	Pillar 3 - Vitality & Movement	Strong Nation	11:00 PM	Patricia Vidal	Blue Marlin Terrace
	Pillar 1 - Sleep & Restoration	Singing Bowls Concert	4:30 PM	Karla Garcia y Ursula	Blue Marlin Terrace
	Pillar 1 - Sleep & Restoration	Wellness Talk: Kundalini Yoga	8:00 AM	Karla Garcia	Social Media - @HiltonLosCabos
	Pillar 2 - Nutrition & Nourishment	Wellness Talk: Ayurvedic Nutrition Part 1	10:30 AM	Pauline Delomez	Social Media - @HiltonLosCabos
	Pillar 1 - Sleep & Restoration	Wellness Talk: The Secrets of Longevity	12:00 PM	Antonio Cervantes	Social Media - @HiltonLosCabos
	Pillar 4 - Serenity & Mindfulness	Wellness Talk: The 5 Pillars of Mental Health	2:00 PM	Eblyn King	Social Media - @HiltonLosCabos
Sunday, September 20th					
	Pillar 3 - Vitality & Movement	Power Yoga	7:00 AM	Ana Barreto	Blue Marlin Terrace
	Pillar 3 - Vitality & Movement	BogaFit Floating Mat Training	9:30 AM	Pauline Delomez	Dolphin Pool
	Pillar 3 - Vitality & Movement	Functional Training at the Outrace	11:00 AM	Patricia Vidal	Fitness Center / Outrace
	Pillar 4 - Serenity & Mindfulness	Pranayama: Breathing & Mindfulness Techniques	4:30 PM	Antonio Cervantes	Blue Marlin Terrace
	Pillar 2 - Nutrition & Nourishment	Wellness Talk: Ayurvedic Nutrition Part 2	8:00 AM	Pauline Delomez	Social Media - @HiltonLosCabos
	Pillar 3 - Vitality & Movement	Wellness Talk: Meditation	10:30 AM	Antonio Cervantes	Social Media - @HiltonLosCabos
	Pillar 4 - Serenity & Mindfulness	Pranayama: Breathing & Mindfulness Techniques	12:00 PM	Karla Garcia	Social Media - @HiltonLosCabos
	Pillar 5 - Purpose & Solidarity	Wellness Talk: The Purpose of Being Alive	2:00 PM	Eblyn King	Social Media - @HiltonLosCabos

As the activities have a limited number of participants, we kindly request that you make your reservations 24 hours in advance to check availability and receive a confirmation of attendance. You may join the activity at the start time as long as there are still places available.