

aura wellness



April
6

- 9:00 **Aura Cleansing Ritual**
Beach
- 10:00 **Hatha Yoga with Sebastián Tames**
Pacífico Garden
- 11:00 **Cardio Dance**
Agua Madre Terrace
- 12:00 **Aqua Workout**
Pacífico Pool
- 14:00 **Interactive Game**
Pacífico Pool
- 15:00 **Organic Cooking Class with Nicolás Cano**
Pacífico Garden
- 16:00 **Beginner Calisthenics with Lucca Short**
Pacífico Garden
- 18:00 **Wellness Special Dish**
Agua Madre Restaurant

April
7

- 9:30 **Beach Functional Workout with Lucca Short / Fer Uscanga**
Beach
- 10:00 **Cold Immersion with Lucca Short / Sebastián Tames**
Pacífico Garden
- 10:30 **Healthy Bar with Fernanda Castillo**
Pacífico Garden
- 12:00 **Aqua Spinning**
Pacífico Pool
- 14:00 **Corn Hole**
Pacífico Pool
- 15:00 **Dance Class**
Pacífico Pool
- 16:00 **Breathwork with Sebastián Tames**
Beach
- 18:00 **Wellness Special Dish**
Agua Madre Restaurant

April
8

- 9:30 **Yoga & Connection with Sebastián Tames**
Pacífico Garden
- 10:00 **Vitamin C Ritual with Natura Bissé**
Agua Madre Terrace
- 11:00 **Core Fitness with Fer Uscanga**
Inez Terrace
- 11:40 **Healthy Bar with Fernanda Castillo**
Inez Terrace
- 12:00 **Aqua Workout**
Pacífico Pool
- 14:00 **Agave Experience**
Lia Terrace
- 15:00 **Darts Tournament**
Pacífico Pool
- 16:00 **Meridian Stress Release**
Agua Madre Terrace
- 18:00 **Wellness Special Dish**
Agua Madre Restaurant

April
9

- 9:30 **Boot Camp / Flexibility with Lucca Short / Fer Uscanga**
Beach
- 10:30 **Healthy Bar with Fernanda Castillo**
Pacífico Garden
- 11:00 **Guessing Game**
Pacífico Pool
- 12:00 **Aqua Spinning**
Esencia Wellness
- 13:00 **Pool Party**
Pacífico Pool
- 15:00 **Interactive Game**
Pacífico Pool
- 16:00 **Breath & Work with Sebastian Tames**
Beach
- 17:00 **Floating Sound Bath Ritual**
Roof Top Alto
- 18:00 **Wellness Special Dish**
Agua Madre Restaurant

April
10

- 9:30 **Yoga Class with Sebastián Tames**
Pacífico Garden
- 10:00 **Cold Immersion with Fer Uscanga**
Pacífico Garden
- 11:00 **Workbody with Fer Uscanga**
Inez Terrace
- 12:00 **Aqua Workout**
Pacífico Pool
- 14:00 **Darts Tournament**
Pacífico Pool
- 15:00 **Vegan Experience with Fernanda Castillo**
Roof Top Alto
- 16:00 **Beach Volleyball**
Beach
- 17:00 **AURA White Party (Closing)**
Alto Terrace

Restore, refresh, and reset.

20° N 105° W

UNICO

Riviera Nayarit