



Wellness *lessons*

Spa |  **SE**



Wellness in motion: body, mind, and spirit in perfect harmony

Discover a space designed to help you reconnect through mindful movement and transformative energy. These private classes invite you to enjoy practices such as yoga, pilates, dance, and sound therapy, guided by certified instructors and tailored to your level.

Each session includes a hydration station with natural infusions, tea, fresh fruit, and energy bars, thoughtfully curated to complement your holistic wellness experience.

Location: SE Spa movement studio






WELLNESSING
by Velas Resorts



Hatha Yoga

This session will guide you on an introspective journey through a carefully curated sequence of gentle postures (asanas), designed to harmonize body and mind. You'll learn to listen to your body's signals, allowing each movement to flow with grace and intention. Conscious breathing (pranayama) becomes your anchor, helping to calm the mind, energize the body, and nourish the spirit.

Includes:

-  Certified personal instructor
-  Towel and yoga mat
-  Hydration station with fruit and energy bars

Capacity: 1-10 guests

Duration: 60 min




Price: \$320 USD



Aerial Yoga

This class helps improve flexibility, strength, and balance while reducing stress. It also enhances circulation and posture, allowing for beneficial spinal stretches without strain or risk of injury.

Includes:

-  Certified instructor
-  Towel
-  Hydration station with fruit and energy bars

Capacity: 1-8 guests

Duration: 60 min




Price: \$320 USD



Power Pilates

Tone, strengthen, and energize your body with this dynamic and invigorating routine—perfect for those seeking movement and challenge. This workout significantly improves posture and coordination, while boosting overall strength and flexibility.

Includes:

-  Certified personal instructor
-  Towel and yoga mat
-  Hydration station with fruit and energy bars

Capacity: 1-10 guests

Duration: 60 min




Price: \$320 USD



Fitness Dance Class

Discover the magic of rhythm in a fun, pressure-free class designed for all levels. Guided by the creator of the “Yosoyfelizbailando” method, you’ll learn easy-to-follow choreographies set to American classics and Latin beats, creating a joyful and memorable experience during your stay.

Includes:

-  Certified instructor
-  Towels
-  Hydration station with Gatorade, fruit, and energy bars

Capacity: 1-10 guests

Duration: 60 min






Price: \$320 USD



Healing Sounds Class

Immerse yourself in a multi-sensory wellness and relaxation experience. This ancient therapy, based on ancestral sounds, helps balance energy, calm the mind, and enhance both focus and sleep quality.

Includes:

-  Aromatherapy
-  Music therapy
-  Sound healing
-  Guided meditation
-  Chai tea

Capacity: 1-10 guests

Duration: 60 min

Price: \$320 USD



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