



EXPOSICIÓN DE ARTE ART EXHIBITION

- LENNIN VÁSQUEZ -

01 septiembre - 31 octubre
01st September - 31st October

Picasso Exhibition Hall (3rd floor Building B)
Sala Picasso (3er piso Edificio B)

*"La única fuente de conocimientos
es la experiencia"*

*"The only source of knowledge
is experience"*

- Albert Einstein -

Le informamos que este calendario está sujeto a modificaciones.
Encuentre la última versión en Recepción del Área Wellness Clinic o en Recepción Principal

We inform you that this schedule is subject to changes.
Please, find the latest version in Wellness Clinic Area Reception or Front Desk



Healthy Living Academy CALENDAR

Aprenda nuevos hábitos
de vida saludable

Conozca otros huéspedes
y comparta experiencias

Relaje su mente
y ponga en forma su cuerpo

Diviértase en nuestros paseos
y actividades al aire libre

Descubra las bases de
la nutrición SHA

Learn new
healthy habits

Meet other guests and
share experiences

Keep a clear mind and
a fit body

Enjoy yourself in our daily walks
and outdoor activities

Discover the
SHA Nutrition basis



**Acceda al calendario de actividades
a través de nuestra App**

Entre otras muchas funciones, al descargar nuestra aplicación podrá conocer en detalle cada una de las actividades que ponemos a su disposición dentro de nuestra Healthy Living Academy. De esta manera también nos ayudará a cuidar el medioambiente reduciendo el consumo de papel.

**Access to the activities calendar
through our App**

Among other many functions, by downloading our application you will be able to know in detail each one of the activities that we put at your disposal within our Healthy Living Academy. In this way you will also helps us to look after the environment by reducing the consumption of paper.

HEALTHY LIVING ACADEMY | CALENDAR

Lunes Monday 24.09.18	Martes Tuesday 25.09.18	Miércoles Wednesday 26.09.18	Jueves Thursday 27.09.18	Viernes Friday 28.09.18	Sábado Saturday 29.09.18	Domingo Sunday 30.09.18
Paseo al faro Walk to the lighthouse ⌚ 07.30 – 09.00 📍 Recepción Front Desk	Meditación Matutina Morning Meditation ⌚ 08.15 – 08.45 📍 Studio 64	Paseo por la playa Walk to the beach ⌚ 07.30 – 09.00 📍 Recepción Front Desk	Paseo nórdico Nordic walk ⌚ 07.45 – 08.35 📍 Recepción Front Desk	Paseo al faro Walk to the lighthouse ⌚ 07.30 – 09.00 📍 Recepción Front Desk	Paseo nórdico Nordic walk ⌚ 07.45 – 08.35 📍 Recepción Front Desk	Paseo por la playa Walk to the beach ⌚ 07.30 – 09.00 📍 Recepción Front Desk
						Hatha Yoga ⌚ 08.00 – 08.50 📍 Recepción Front Desk
Clase Class Sopas y Cremas Soups & Creams ⌚ 10.00 – 11.45 📍 The Chef's Studio					Clase Class Desayunos Revitalizantes Revitalizing Breakfasts ⌚ 10.00 – 11.45 📍 The Chef's Studio	Clase Class Recetas Fitness Fitness Recipes ⌚ 10.00 – 11.45 📍 The Chef's Studio
Aqua Gym ⌚ 12.00 – 12.50 📍 Piscina interior Indoor pool	GAP ⌚ 12.00 – 12.50 📍 Studio 64	Aqua Gym ⌚ 12.00 – 12.50 📍 Piscina interior Indoor pool	Hatha Yoga ⌚ 12.00 – 12.50 📍 Studio 64	Aqua Gym ⌚ 12.00 – 12.50 📍 Piscina interior Indoor pool	Vinyasa Yoga ⌚ 12.00 – 12.50 📍 Studio 64	Pilates ⌚ 12.00 – 12.50 📍 Studio 64
Clase Class Cocina saludable (demo) Healthy cooking (demo) ⌚ 16.00 – 16.50 📍 The Chef's Studio	Clase Class Superfoods ⌚ 16.00 – 17.45 📍 The Chef's Studio	Clase Class Recetas Fitness Fitness Recipes ⌚ 16.00 – 17.45 📍 The Chef's Studio	Clase Class Cocina Detox Detox Cooking ⌚ 16.00 – 17.45 📍 The Chef's Studio	Clase Class Recetas Terapéuticas Therapeutic Recipes ⌚ 16.00 – 17.45 📍 The Chef's Studio	Clase Class Repostería Saludable Healthy Pastry ⌚ 16.00 – 17.45 📍 The Chef's Studio	Clase Class Desayunos Revitalizantes Revitalizing Breakfasts ⌚ 16.00 – 17.45 📍 The Chef's Studio
Vinyasa Yoga ⌚ 18.00 – 18.50 📍 Studio 64	Ai Chi ⌚ 18.00 – 18.50 📍 Piscina interior Indoor pool	Pilates ⌚ 18.00 – 18.50 📍 Studio 64	Atención Plena Mindfulness ⌚ 18.00 – 18.50 📍 Studio 64	Total Body Condition ⌚ 18.00 – 18.50 📍 Studio 64	Ai Chi ⌚ 18.00 – 18.50 📍 Piscina interior Indoor pool	Aqua Gym ⌚ 18.00 – 18.50 📍 Piscina interior Indoor pool
	Healthy Cocktail with General Manager ⌚ 19.00 📍 Sunrise Terrace					
SHaring Table Experience with our experts Nutrición Saludable Healthy Nutrition ⌚ 20.30 – 21.30 📍 SHAmadi Restaurant	Live Music Sweet Jazz ⌚ 20.00 – 22.30 📍 SHAmadi Restaurant	SHaring Table Experience with our experts Gestión del Estrés Stress Management ⌚ 20.30 – 21.30 📍 SHAmadi Restaurant	Live Music Rhythm Night ⌚ 20.00 – 22.30 📍 SHAmadi Restaurant	SHaring Table Experience with our experts Nutrición Saludable Healthy Nutrition ⌚ 20.30 – 21.30 📍 SHAmadi Restaurant	Live Music Sunset Vibes ⌚ 20.00 – 22.30 📍 SHAmadi Restaurant	
CINEMA Jackie (drama) ⌚ 1st session 20.15 ⌚ 2nd session 22.15 · Language: English · Subtítulos: Español	CINEMA Sustainable (documental documentary) ⌚ 1st session 20.15 ⌚ 2nd session 22.15 · Language: English · Subtítulos: Español	CINEMA The Glass Castle (drama) ⌚ 1st session 20.15 ⌚ 2nd session 22.15 · Language: English · Subtítulos: Español	CINEMA Feel Rich (documental documentary) ⌚ 1st session 20.15 ⌚ 2nd session 22.15 · Language: English · Subtítulos: Español	CINEMA Leap Year (romántica romantic) ⌚ 1st session 20.15 ⌚ 2nd session 22.15 · Language: English · Subtítulos: Español	CINEMA An Inconvenient Sequel: Truth to Power (documental documentary) ⌚ 1st session 20.15 ⌚ 2nd session 22.15 · Language: English · Subtítulos: Español	CINEMA It's complicated (romántica romantic) ⌚ 1st session 20.15 ⌚ 2nd session 22.15 · Language: English · Subtítulos: Español

Actividades con coste adicional. Por favor, inscribáse en Recepción del Área Wellness Clinic
 Activities with additional cost. Please, sign in at Wellness Clinic Area Reception

○ Máximo 12 asistentes | Maximum 12 attendees
 ● Máximo 19 asistentes | Maximum 19 attendees

Dificultad | Difficulty

Baja | Beginner Media | Medium Alta | Advanced