



### **RETREAT PROGRAMS AND SERVICES**

The Wellness Center is home to the region's most extraordinary event facility, attracting retreat groups from around the globe and some of the most celebrated authors and teachers, including Don Miguel Ruiz, Gregg Braden, Alberto Villoldo and Jack Canfield. HeartMath will host their 5<sup>th</sup> annual Global Coherence Initiative Conference in Mexico onsite in December, 2016.

Residents are also encouraged to host their conferences and events onsite. Knowledgeable staff will assist with planning for your meeting, accommodations and special event needs.

### **MEETING ROOMS**

The Wellness Center has two versatile multipurpose rooms able to accommodate your group's size and requirements. The main conference room is a 603 square feet spacious wood floor facility surrounded by windows that give an amazing 360° degree view of the lush Caribbean jungle. This fully equipped tree top venue with a capacity for 160 people in theater seating, is ideal for workshops, conferences, receptions, incentive groups and more. It includes a professional sound system with hand held and wireless microphones, 10 x 10 feet screen and power point projector.

The movement room is nestled in a limestone ravine surrounded by vibrant jungle. With floor to ceiling glass walls and hardwood floors, this room is ideal for any use from yoga classes, meditation, workshops, events and small receptions.

### **ACCOMODATIONS**

Program participants will stay at the luxury 5 star Sian Ka'an all-inclusive hotel located in the resort where they can enjoy a variety of international cuisines served buffet style or at one of the specialty restaurants, bars, pools, and entertainment.

### **RECREATION**

Retreat guests can enjoy the hotel beach club, experience the energy treatments, attend complimentary Wellness Center classes and explore the historic Riviera Maya region. You can select from a range of wonderful tours of sacred sites such as the Mayan ruins, snorkeling with sea turtles and jungle excursions.