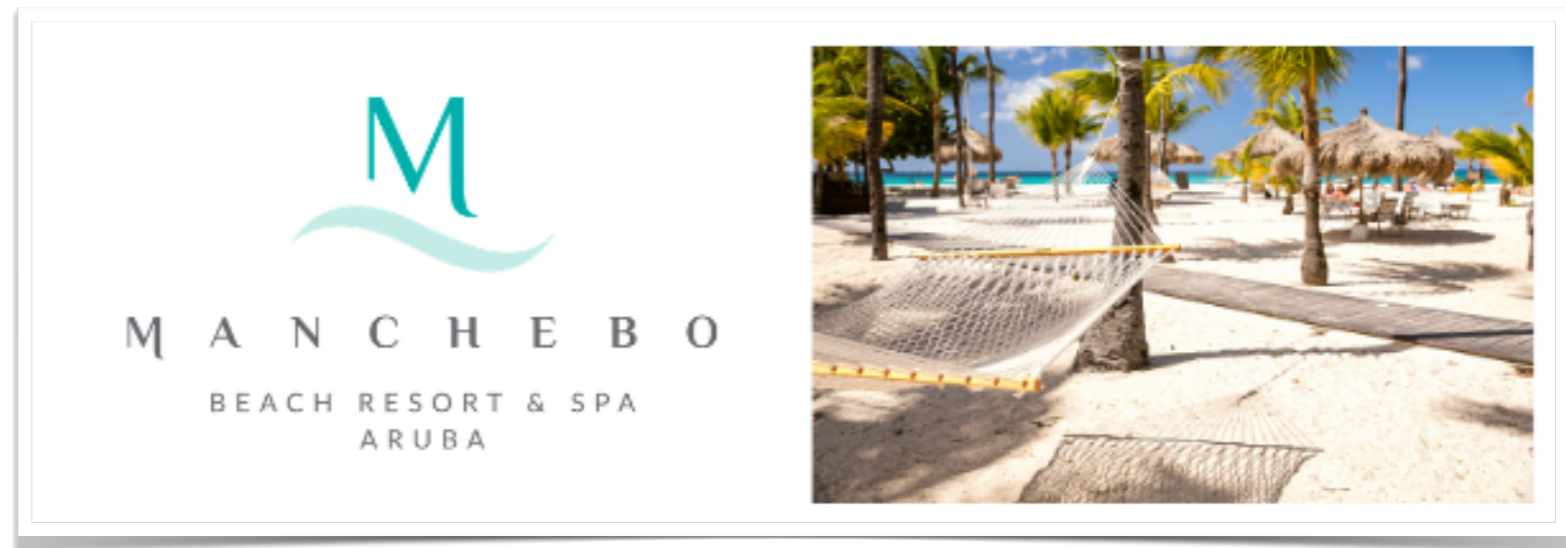


# Yoga in Aruba



**2025 \*Itinerary for the  
Yoga + Mindfulness  
Wellness Retreat.** A Week  
Glance and Where in Aruba  
Highlights...



*Yoga Deck*

**Day 1** - Travel day into Aruba 🇦🇼 \*Meet & Greet

**6pm -7pm Welcome To Aruba Sunset** 🌅 **Meet & Greet** @ The Yoga Deck

**6pm INTRO TO GROUP (MEET AT LOBBY AREA)** (YOGA MAT Provided) - WALK TO YOGA DECK *WELCOME GRATITUDE CIRCLE* - Watch Sunset!

**Day 2** -x2 Yoga Classes

**7:00am-8:15am 75 min Sunrise Yoga Vinyasa**

@ YOGA Pavilion

**7am-11:00am - Breakfast + Smoothie** to follow morning Yoga

Location: One of Manchebo's Restaurants -TBD

**1:00pm -2:00 pm Mindfulness Walk** on Beach (Please meet at resort Pool /optional \*40 min).

**4:30pm - 5:30pm \*Yin Yoga**  
@ Yoga Deck

**7:30pm Welcome DINNER**  
<https://www.manchebo.com/dining>  
Location: @ Ike's Bistro.

**Day 3** - x2 Yoga Classes

**7:00am -8:15am Sunrise Yoga Vinyasa**  
@ YOGA Pavilion

**7am-11:00am - Breakfast + Smoothie** to follow morning Yoga

**6:00 pm-7:00 pm Sunset** 🌅 **Yin Yoga**



@ THE YOGA DECK

**Day 4** -x2 Yoga Classes

**7:00am -8:15am Sunrise Yoga Vinyasa**  
@ YOGA Pavilion

**7am-11:00am - Breakfast + Smoothie** to follow morning Yoga

ALL DAY RELAX - Try an Island Excursion - I RECOMMEND SAILING OR SNORKELING, PADDLE BOARDING, HIKING OR EXPLORE THE ISLAND or a Massage @ THE SPA of Manchebo!

**6:00pm-7:00 pm Sunset** 🌅 **Yin Yoga** @Yoga Deck

**Day 5** - x2 Yoga Classes

**7:00am -8:15am Sunrise Yoga**  
**Vinyasa @ YOGA Pavilion**

**9:00-11:00am - Breakfast +**  
**Smoothie to follow morning Yoga**

**ALL DAY \*RELAX or Try an Island**  
**Excursion.** I RECOMMEND SAILING OR  
SNORKELING, PADDLE BOARDING, HIKING OR  
EXPLORE THE ISLAND Uber to Baby's Beach..  
\*Brochures available at Manchebo F. Desk.

**4:30 pm- 5:30 pm**  
**\*Yin Sunset Yoga**  
@ Yoga Deck

**Farewell Dinner: 7:00 pm -**  
**8:30 pm**  
Location: @ **Ike's Bistro.**

**Day 6** - x1 Yoga Class / Optional

**7:00 am -8:15 am Sunrise Yoga**  
**Vinyasa @ YOGA Pavilion**

**7am-11:00am - Breakfast +**  
**Smoothie** to follow morning Yoga

Check Out : 12pm

**Departure Day - 12pm**  
(Shuttle Service to the Airport).

**Walk the Beach...**



*The Yoga Pavilion*



*THE YOGA PAVILION*



*THE SPA at Spa Del Sol of Manchebo*



Light House of Aruba

## 5 Nights Package Inclusions:

- Deluxe Sanctuary Garden or Deluxe Ocean View Room
- Room Service Charge & Tax
- Daily Breakfast + Healthy Smoothie + Protein
- Welcome & Farewell Dinner @ Ike's Bistro.
- Airport Transportation
- Instructor Fee + **YOGA** EVERY DAY & NIGHT!!



Beach Resort Relaxation Cabana @ Sunset ( Next to the Yoga Deck

### Deluxe Sanctuary Garden View Room

<u>August 13th - 18th 2025</u>	5 nights	Per Person Costs
Single Occupancy	\$3,185	\$3,185
Double Occupancy	\$3724	\$1862

### Deluxe Ocean View Room

<u>August 13th- 18th 2025</u>	5 nights	Per Person Costs
Single Occupancy	\$3649	\$3649
Double Occupancy	\$4188	\$2094



THE POOL at MANCHEBO BEACH RESORT & SPA

To Register for This Fun Wellness Yoga Retreat participants can contact our reservations team directly either via email ([reserve@manchebo.com](mailto:reserve@manchebo.com)) or the toll-free number 1-888-673-8036 requesting booking for "Erin Gugliuzza Yoga Retreat"  
 \*\*Manchebo reservations manager Ms. Vivian Frank will assist further and gather the information required to confirm the booking. YOGA Every Day + Sail the SEA!! Summer of 2025...

