

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



ARUBA



Benefits of Yoga for one week in the Caribbean...

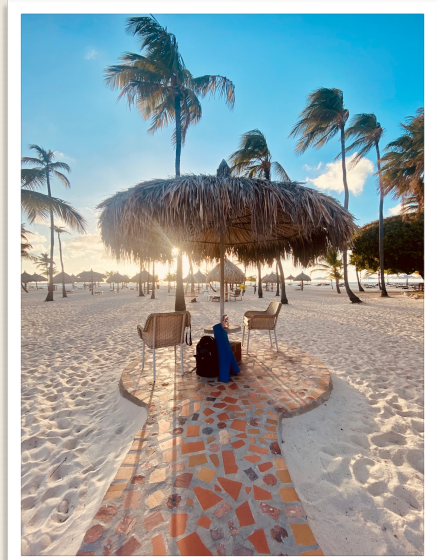
YOGA -Amazing Health benefits lowering Blood Pressure, Improves Diabetes, helps to lose weight, improve sleep and cognitive function. Yoga can help you find balance mentally and physically and will strengthen your muscles and increase flexibility. **Yoga reduces stress and helps you find Joy on a Happy Island!!**

MESSAGE & MINDFUL HEALTH
YOGA BY ERIN

Yoga4Mind@gmail.com cell # (716) 523-7685

www.Mindfulhealthbyerin.massagetherapy.com

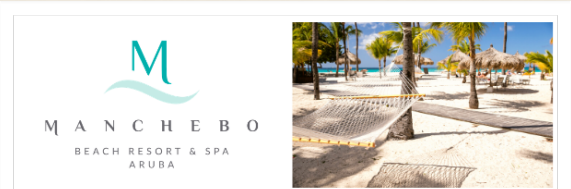
YOGA WELLNESS RETREAT



WELLNESS YOGA INSTRUCTOR -

Erin M. Gugliuzza, BS, LMT, CST, RYT 500

You will have 10 total Yoga Classes Combined with Yin and Hatha Vinyasa Style Yoga Sequences, Meditation and Mindfulness walks on beaches.





To Register for This Fun Wellness Yoga Retreat participants can contact our reservations team directly either via email (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 Damn Day!! & Sail the SEA**

Day 1 Travel Day YOGA @

6pm -7pm Welcome To Aruba Meet & Greet

MEET AT LOBBY AREA to Pick up your

YOGA MAT . Provided by Manchebo Beach Resort & Spa.

Day 2 - Yoga Classes

7:00 AM-8:15AM 75 MIN
SUNRISE YOGA VINYASA @
YOGA PAVILION (NEXT TO
POOL)

7AM-11:00AM - BREAKFAST
+ SMOOTHIE TO FOLLOW
MORNING YOGA

1:00PM MINDFULNESS WALK
ON BEACH (PLEASE MEET AT
RESORT POOL /OPTIONAL)

4:30 PM TO 5:30 PM *YIN
YOGA @ YOGA DECK.
7:30PM WELCOME DINNER @
IKE'S BISTRO.

ITINERARY YOGA SCHEDULE 2025

August 13th - 18th 2025 - (5 Days + 5 Nights)

Day 1 - Day 5



DAY 3 - YOGA CLASSES

7:00AM -8:15AM SUNRISE YOGA VINYASA

@ YOGA PAVILION

7AM-11:00AM - BREAKFAST + SMOOTHIE TO
FOLLOW YOGA SESSION

6:30PM-7:30PM SUNSET 🌅 YIN YOGA

@ YOGA DECK



The Yoga Deck - Looking outward into the Caribbean



Relax and Sip your Smoothie

DAY 4 - YOGA CLASSES / MINDFULNESS

7:00AM -8:15AM SUNRISE YOGA VINYASA @

YOGA PAVILION. **7AM-11:00AM - BREAKFAST**
+ SMOOTHIE TO FOLLOW MORNING YOGA

6:30PM-7:30PM SUNSET 🌅 YIN YOGA

@ YOGA DECK



Yoga Pavilion in the Morning
Sunrise Sun Salutations.



At the Yoga Deck
Yin Yoga for the evenings...

DAY 5 - YOGA CLASSES / FAREWELL DINNER

7:00AM -8:15AM SUNRISE YOGA VINYASA

@YOGA PAVILION

7AM-11:00AM - BREAKFAST + SMOOTHIE TO FOLLOW
YOGA. ***YIN YOGA 4:30PM -5:30PM** *FAREWELL DINNER
7PM @ IKE'S BISTRO.

DAY 6 - YOGA @ SUNRISE 7:00AM -8:30AM

CHECK OUT @ 12PM -SHUTTLE TO AIRPORT **12:30 PM**



Yoga recovery swim in the
Pool at Manchebo Resort



Yoga Pavilion next to the
Pool at Manchebo Resort.

5 NIGHTS PACKAGE INCLUSIONS:

- DELUXE SANCTUARY GARDEN OR DELUXE OCEAN VIEW ROOM
- ROOM SERVICE CHARGE & TAX
- DAILY BREAKFAST + HEALTHY SMOOTHIE PROTEIN PACKED @ MANCHEBO'S RESTAURANT - TBD
- WELCOME & FAREWELL DINNER @ IKE'S BISTRO.
- AIRPORT TRANSPORTATION
- INSTRUCTOR FEE +**YOGA** EVERY DAY !! MORNING &