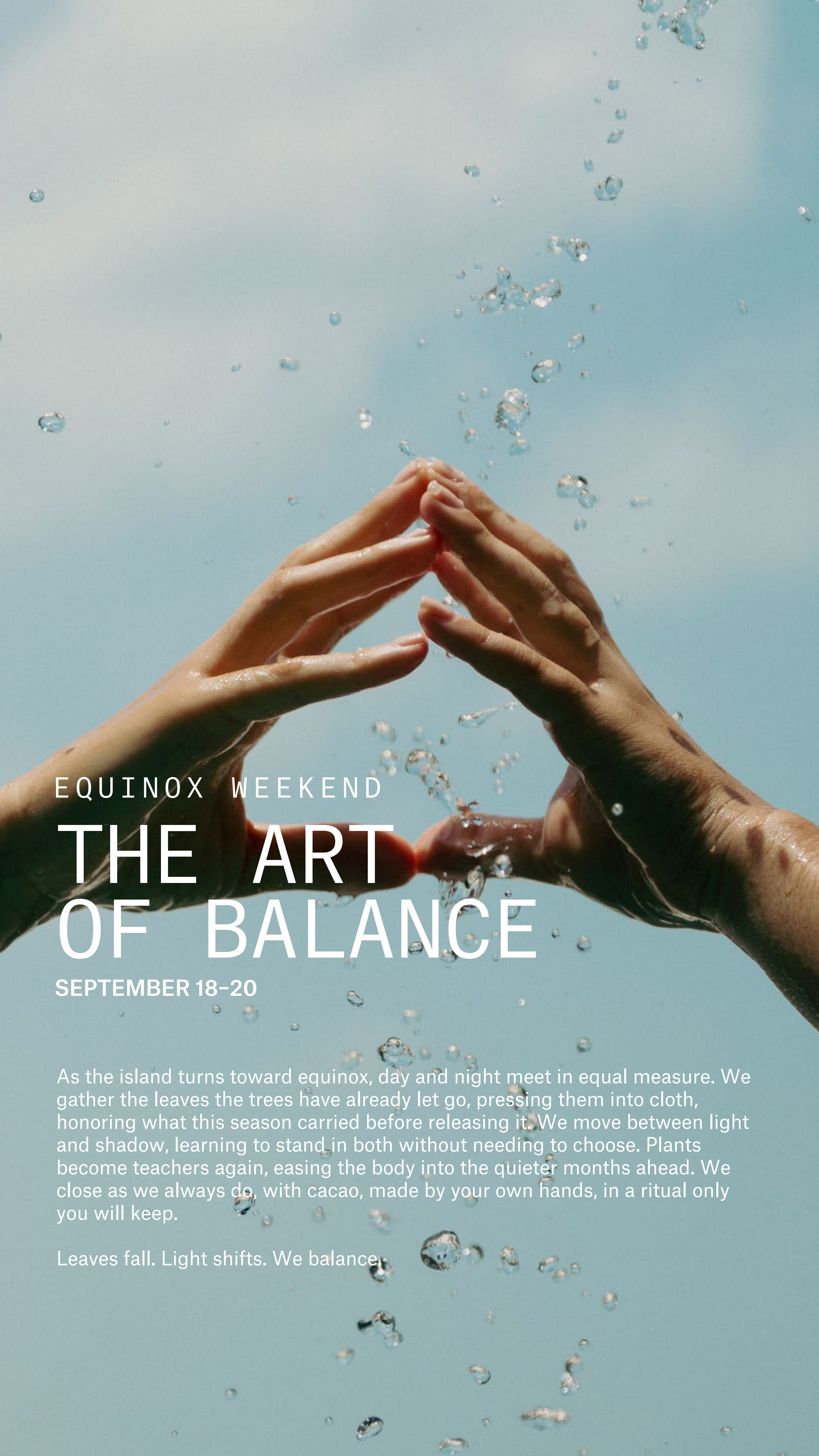




EQUINOX WEEKEND

THE ART OF BALANCE

SEPTEMBER 18-20

As the island turns toward equinox, day and night meet in equal measure. We gather the leaves the trees have already let go, pressing them into cloth, honoring what this season carried before releasing it. We move between light and shadow, learning to stand in both without needing to choose. Plants become teachers again, easing the body into the quieter months ahead. We close as we always do, with cacao, made by your own hands, in a ritual only you will keep.

Leaves fall. Light shifts. We balance.

EQUINOX WEEKEND

FULL PROGRAM
THE ART OF BALANCE

FRIDAY 18TH SEPTEMBER

9:00 AM	VINYASA YOGA WITH SOL AT GRATITUDE TENT
11:30 AM	AGUA MÁGICA WITH GABRIEL AT POOL
5:00 PM	ECO DYING WITH HOLBOX LEAVES WITH CLAUDIA AT LA POPULAR
6:00 PM	SUNSET LIVE SET AT LA POPULAR

SATURDAY 19TH SEPTEMBER

7:30 AM	PLAYA FIT CLUB WITH GERA AT BEACH
9:00 AM	DEEP CORE WITH LAURA AT GRATITUDE TENT
5:00 PM	BIO MAGNETIC BALANCE WITH YAEL AT GRATITUDE TENT
7:00 PM	SUNSET GATHERING WITH ZELTZIN AT BEACH

SUNDAY 20TH SEPTEMBER

9:00 AM	YIN YOGA WITH PAULINA AT GRATITUDE TENT
5:00 PM	BOTANICAL RITUALS: SEASONAL HEALTH WITH CLAUDIA AT LA POPULAR
6:00 PM	COMMUNITY SOUND BATH WITH PAOLA AT GRATITUDE TENT

FACILITATORS



CLAUDIA MÉNDEZ

Driven by a deep curiosity for the wisdom embedded in ancient traditions, cultural heritage, and the natural world, Claudia is passionate about exploring the intersection of sustainability, creativity, and human connection. Leaves fall. Light shifts. We balance.



LAURA SAMPER

E-RYT with a decade teaching yoga, meditation, and Tantra, Laura now works as a somatic and intimacy coach. She spent one decade before that in journalism and advertising. Her approach is disciplined, direct, and deeply embodied.



GERARDO FISSORE

Gera is a nutritionist, personal trainer, and strength & conditioning coach with a background in multiple sports, including soccer, weightlifting, American football, marathons, mountain biking, and calisthenics.



PAOLA MAYA

Paola holds space through meditation, breathwork, and Tibetan singing bowls, creating immersive sound experiences that cultivate deep presence, inner harmony, and relaxation.



ZELTZIN ANTZIL

Zeltzin studied World Philosophies followed by Humanistic Music Therapy. Inspired by a deep curiosity for the human mind, her work is dedicated to supporting wellbeing, self-discovery, and meaningful human connection.



PAULINA URBINA

Ashtanga Yoga teacher passionate about mindful movement, the ocean, and creating meaningful experiences that inspire connection, strength, and presence.



Yael ÁLVAREZ

Yael shares practices such as Kundalini Yoga, Reiki, Biomagnetism, and ancestral Mexican traditions to help others reconnect with their true essence, inner balance, and innate wisdom.



SOL MEDINA

A Rocket Yoga teacher rooted in the Ashtanga tradition, Sol guides dynamic and mindful practices where breath leads every movement. For her, yoga is a way of living with awareness, presence, and joy.



GABRIEL SZTARK

Gabriel is a water therapist trained in massage, Reiki, and LNT, a trauma release approach. Drawing from his background in dance, music, and visual arts, he integrates creativity into his therapeutic work to support wellbeing, healing, and a deeper connection with the body.

A woman with short blonde hair, wearing a bright yellow short-sleeved dress, is walking away from the camera on a sandy path. She is heading towards a small hut with a steeply pitched, thatched roof. The scene is set in a tropical environment with numerous palm trees and lush green plants. The sun is high in the sky, creating a strong lens flare and casting long, soft shadows. The overall mood is serene and tropical.

hôm ADE

TEMPLE