

EL SAN JUAN HOTEL | Puerto Rico

6063 Isla Verde Avenue | Carolina, PR 00979 | 787. 710. 8225 | WBESJ.com



EL SAN JUAN HOTEL

GROUP EXPERIENCES

WITH AN INNOVATIVE APPROACH TO RELAXATION,
WORK AND WELLNESS, OUR WELL & BEING
SPA FACILITY AT EL SAN JUAN HOTEL SEEKS TO
ACHIEVE IMMEDIATE REJUVENATION AND
LASTING RESULTS, ENHANCING SUCCESS,
DEEPENING CONNECTIONS AND EMPOWERING
ATTENDEES TO LEAD HEALTHIER AND HAPPIER
LIVES, BOTH PROFESSIONALLY AND PERSONALLY.
LET US HELP YOUR GROUP **LIVE IT WELL!**



Meet Well
LIVE WELL



TABLE OF CONTENTS



MINDFUL BREAKS	04
FITNESS	06
WELLNESS EDUCATION	08
TASTE OF WELL & BEING	12
VENUE RENTAL	16

MINDFUL BREAKS

Let Well & Being bring a bit of inner calm, relaxation and renewed energy to your attendees during the conference and give them a few tools to take that calm with them after the session. All sessions can be done in business attire - no special shoes or fitness clothing required.

CLASS CHOICES

FIND YOUR FOCUS

Many of us hold our breath when we're anxious or angry or take shallow breaths when we're stressed. Our Yoga/Movement Expert will get your attendees out of their chairs, get blood flowing through gentle yoga stretches and learn several breathing exercises to refocus energy and reduce stress. The exercises are easy to learn and can be used just about anywhere to help you relax.

TIME TO MOVE

Short, fast and fun. Our Fitness Experts will do some simple moves for a fun and quick workout to get the blood flowing. No dance experience necessary.

LAUGHING YOGA

Laughter is the best medicine...for reducing blood pressure and stress while increasing endorphins. Our Yoga/Movement Expert will guide your group through a series of laughter exercises and soon the laughter will become contagious. A great way to loosen up a group and build team morale; can be done seated and is appropriate for all.

TENSION BUSTER

Through guided tensing and relaxing of muscles, attendees will feel refreshed and energized. As participants feel the physical effects of muscle relaxation their minds also begin to let go of tension resulting in a relaxed and rejuvenated state.



EVENT PRICING

\$300++ per experience.

(Total fee based on group size and location.)

DURATION

15-30 minutes

EVENT INCLUSIONS

- Equipment
- Flat fee regardless of number of participants
- Class release date 30 days prior without penalty
- Exclusive spa and wellness treatment specials will be provided to all participants

ENCHANCEMENTS *(additional fees apply)*

- Spa amenity gift for participants
- Smoothies or Fruit Juices after class
- Fees vary depending on size of group and specific offerings.



*Deepening
Connections*

FITNESS | GROUP CLASSES

Well & Being offers a variety of unique programming and can accommodate groups of 10-25 by offering classes indoor (1 studio) along with the beautiful outdoors.

CLASS CHOICES

BEACH BODY BOOT CAMP – *10 minimum*

FLOAT FIT – *10 maximum*

INTRINITY – *10 maximum*

HATHA YOGA

WALL YOGA – *Limited to (2) groups of 4 each per class.*

WELL FIT

SUSPENSION BAND RESISTANCE/STRENGTH TRAINING (TRX)

INTRINITY – *10 maximum*

EVENT PRICING

Starting from \$450 ++.

(Total fee based on group size and location.)

- 20 participants per class unless noted otherwise
- Wall Yoga and TRX: Up to 8 guest

EVENT INCLUSIONS

- Equipment and mats
- Flat fee regardless of number of participants *(except where noted otherwise)*
- Class release date 30 days prior without penalty

ENCHANCEMENTS *(additional fees apply)*

- Spa amenity gift for participants
- Smoothie and healthy juices available after class
- Exclusive spa and wellness treatment specials

WELLNESS EDUCATION

ASK THE EXPERT

One of our talented spa or wellness professionals will have tea and coffee with your group (food and beverage are not included in the price). Included is a very beneficial Q&A session. Your hour includes a product sample or handout depending on the expert you choose: nutritionist, personal trainer, beauty professional, acupuncturist.

GROUP SIZE 10 UP TO 100 | 90 MINUTE SESSION.

Minimum guarantee \$1,400. Total fee based on size of group, location and specific subject matter. Some additional fees may apply.

SPEAKER PROGRAM

Well & Being has the ability to provide you with a selection of inspiring and motivational speakers on the topics of optimal health and wellness. Based on your program, we can provide you with keynote speakers for consideration. *Pricing, time and group size varies based on subject.*



*Healthful
experiences*



TASTE OF WELL & BEING

The “Taste of Well and Being” is a spa and wellness fair promising to be fun, relaxing and educational to all that participate. Guests will interact with our Well & Being health and spa professionals at various stations.

INTERACTIVE STATIONS CUSTOMIZED TOWARDS GROUP INTEREST:

Skincare Analysis with aesthetics team

Body Station such as Mud and Scrub Bar

Custom Blending Bar: Scrubs/Lotions

Healthy Juice Bar Class

Wellness Station of Functional Exercises: Laughing Yoga,
Tension Busters, Meditation/Breathwork or Chair massage

EVENT PRICING

\$140 per person ++. Minimum 8 guests | 90 minutes - 2 hours
(depending on content selections)

EVENT INCLUSIONS

- 10 minutes of Laughter Yoga
- Light food and refreshments
- Spa & Fitness Access for the day
- Exclusive spa and wellness treatment specials

ENHANCEMENTS (additional fees apply)

- Spa amenity gift for participants
- Call for pricing on full service or buffet breakfast, lunch or dinner options

VENUE RENTAL

With our breathtaking location on the grounds of **El San Juan Hotel**, our amazing spa and wellness facility offers an ideal venue to arrange your function – for every occasion!

The following venues can be reserved for private receptions, lectures, and meetings. Pricing does not include food and beverage, AV equipment, additional seating, etc. You choose your venue, and develop your own program, and we will make it happen!

WELL & BEING OPEN AIR SPA ROOF DECK

(Inquire for pricing)

- The gem of our beautiful spa facility is our outdoor Spa Rooftop Deck – overlooking the gorgeous beach and Caribbean waters. May be utilized for fitness or themed group activities
- Capacity varies depending on seating needs and program
- Audio/Visual and sound system compatible space *(fees vary)*

VENUE RENTAL ENHANCEMENTS

Our Well & Being Wellness experts will create a variety of stations to enhance your experience within key areas of our beautiful facility.

ADDITIONAL SPA TERRACE ENHANCEMENTS

(additional fees may apply).

- Yoga
- Meditation
- Sound Bathing Tibetan Bowl Group Meditation
- Traditional Meditation
- Intrinity Board Workout

The following offerings may be performed in various locations throughout the resort/property:

FOR CONFERENCES/MEETING BREAKOUTS

- Laughing Yoga
- Chair Massage
- Stretching/Tension Buster

PRIVATE GROUP FITNESS

- Float Fit
- Intrinity Board
- Well Fit Rooftop Workout
- Wall Yoga
- Sound Bathing Tibetan Bowl Group Meditation
- Traditional Meditation
- Beach Body Boot Camp

Well & Being®
Spa & Wellness



Healthier leaders