

New Health Retreat at Hotel El Ganzo in Cabo, Mexico

The newest hotel in San Jose del Cabo, Mexico is the Hotel El Ganzo. If you are looking for an ideal way to combine both fitness and wellness, consider the luxury hotel's Mind-Body-Spirit Retreat.

Hotel El Ganzo is an internationally recognized property in Mexico is excited to announce their new health retreat to exercise the body, calm the mind, plus feed the soul for its hotel guests.

Beginning May 31 through June 6, 2014, you can participate in a full-service wellness experience in a beautiful seaside setting. This first-of-its-kind fitness and wellness week will not only rejuvenate you but teach you how to take care of your body.

With guidance from a top-notch, professional team of industry experts, hotel guests receive instruction on nutritional, physical and spiritual aspects of their lives and how to keep them all in balance. What a true VIP experience!

Professional fitness trainer Teddi Bryant; Adriana Mondragon, a celebrated yoga instructor; and Kristina Jackson, an LA-based holistic nutritionist and chef offer their expertise during the program's various workshops and activities.

This Mexican retreat at the Hotel El Ganzo offers participants a series of fitness classes and group workouts; yoga, meditation and transformational breathing sessions; healthy meals prepared by a professional nutritionist; cooking classes and healthy food demonstrations; in addition to private, one-on-one consultations with the course experts.

Pricing for the all-inclusive, six-day/five-night Mind-Body-Spirit Retreat package begins at \$3,200 per person. The package included your hotel stay, all meals, plus all activities and sessions during the weeklong retreat.

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The Hotel El Ganzo will also offer dance workshops by Tika Morgan, who is an internationally renowned San Francisco-based dance instructor and choreographer. Her dance workshops will be held between June 19 and 22, 2014. The workshops feature Samba & Reggaeton Fusion classes. This four-day/three-night dance package include your hotel accommodations, daily breakfast and daily 90-minute dance classes. Pricing for this fun-filled package begins at \$1,220 per person.

To make a reservation and stay at the luxury Hotel El Ganzo in Mexico and participate in their new Mind-Body-Spirit Retreat package, please contact us today. Follow the best, luxury travel news by reading our luxury blog.