



SANA

T U L U M

SERVICES WELLNESS

*Experiences designed to pause,
disconnect and reconnect.*



YOGA CLASS

GROUP CLASS \$35 USD PER PERSON,
PRIVATE CLASS \$120 USD PER COUPLE

A mindful practice that combines breathing, movement, and mental focus to strengthen the body, improve flexibility, and cultivate inner balance in a natural and relaxing environment..

TEMAZCAL

GROUP CLASS \$40 USD PER PERSON, PRIVATE
CLASS \$450 USD (1-8 PEOPLE)

An ancestral purification ritual performed in a steam dome with medicinal herbs and a ceremonial guide. Promotes detoxification, emotional release, and energetic renewal.

SOUND HEALING

CLASE PRIVADA \$240 USD DE 1 A 4 PERSONA
PAX EXTRA \$50USD

An immersive healing experience through vibrations and sound frequencies. It helps deeply relax the body, calm the mind, and restore energetic balance..



WATSU

PRIVATE CLASS \$120 USD PER PERSON

Cold water immersion designed to stimulate circulation, reduce inflammation, and strengthen physical and mental resilience through breath control.



CACAO CEREMONY

PRIVATE CLASS \$240 USD FOR 1 TO 4 PEOPLE. EXTRA PERSON \$60 USD

A traditional ritual that uses ceremonial cacao as a tool for connection and emotional openness. Accompanied by meditation and intention, it fosters clarity, introspection, and well being.



JIU JITSU - PERSONAL TRAINER

PRIVATE CLASS \$120 USD PER PERSON

Personalized session focused on technique, strength, and discipline. Ideal for improving fitness, coordination, and confidence through guided training adapted to each level.

*Allow yourself this moment to pause,
breathe, and gently return to your
center*

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For more information or to book your experience, contact us and we will gladly help you plan this special moment.



+52 984 745 2107



Carr. Tulum-Boca Paila km 10, Tulum Beach, Zona Costera, 77780 Tulum, Q.R.



www.sanatum.com/wellness

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