



WELLNESS CENTER

DISCOVER OUR WELLNESS CENTER

A place where we offer expanded consciousness, personal development, and spiritual growth.



Our TAO Wellness Center was born out of a genuine passion for medicine and ancient wisdom.

Enjoy this sanctuary with a variety of services focused on your well-being.



Explore our well-being and physical health activities



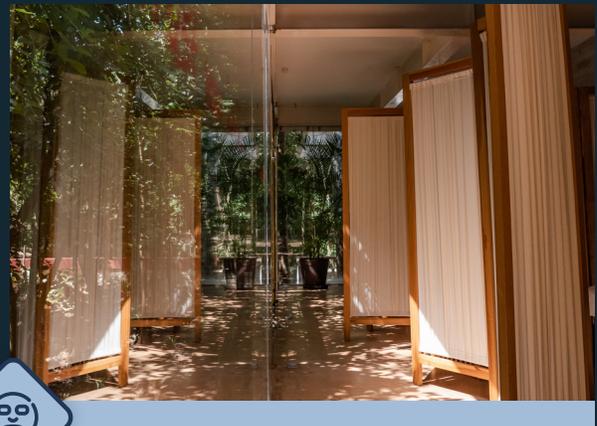
Restaurant



2 Lap Pools



Temazcal



Spa



Gym



Enter a state of unparalleled tranquility and harmony.



Immerse yourself in an environment that allows you to connect with nature.



Capture the best moments in the company of those you love.

Activities

Connect with your inner self and engage in activities focused on your physical and spiritual development.



Yoga



Barre



Pilates



Breathwork



Meditations



Body Activation Yoga



QiGong & TaiChi

Owners with TAO wellness membership do not pay for activities. The general public incurs an additional cost.

If you do not have a membership, you can purchase one of our packages.

More information: wellness@taomexico.com





Schedules

Reception and Swimming Pool

Schedule:

Monday to Friday:

From 7:30 am to 4:00 pm

Saturdays:

From 9:00 am to 3:00 pm

Sundays: Closed

Gym Opening Hours:

Monday to Friday:

From 7:00 am to 7:00 pm

Saturdays:

From 7:00 am to 3:00 pm

Sundays: Closed

Otan Restaurant Opening Hours:

Tuesday to Sunday:

From 8:00 am to 8:00 pm

Reservations:

+52 1 984 179 3487

Schedule for the activities:

Monday to Saturday:

From 8 am to 6 pm

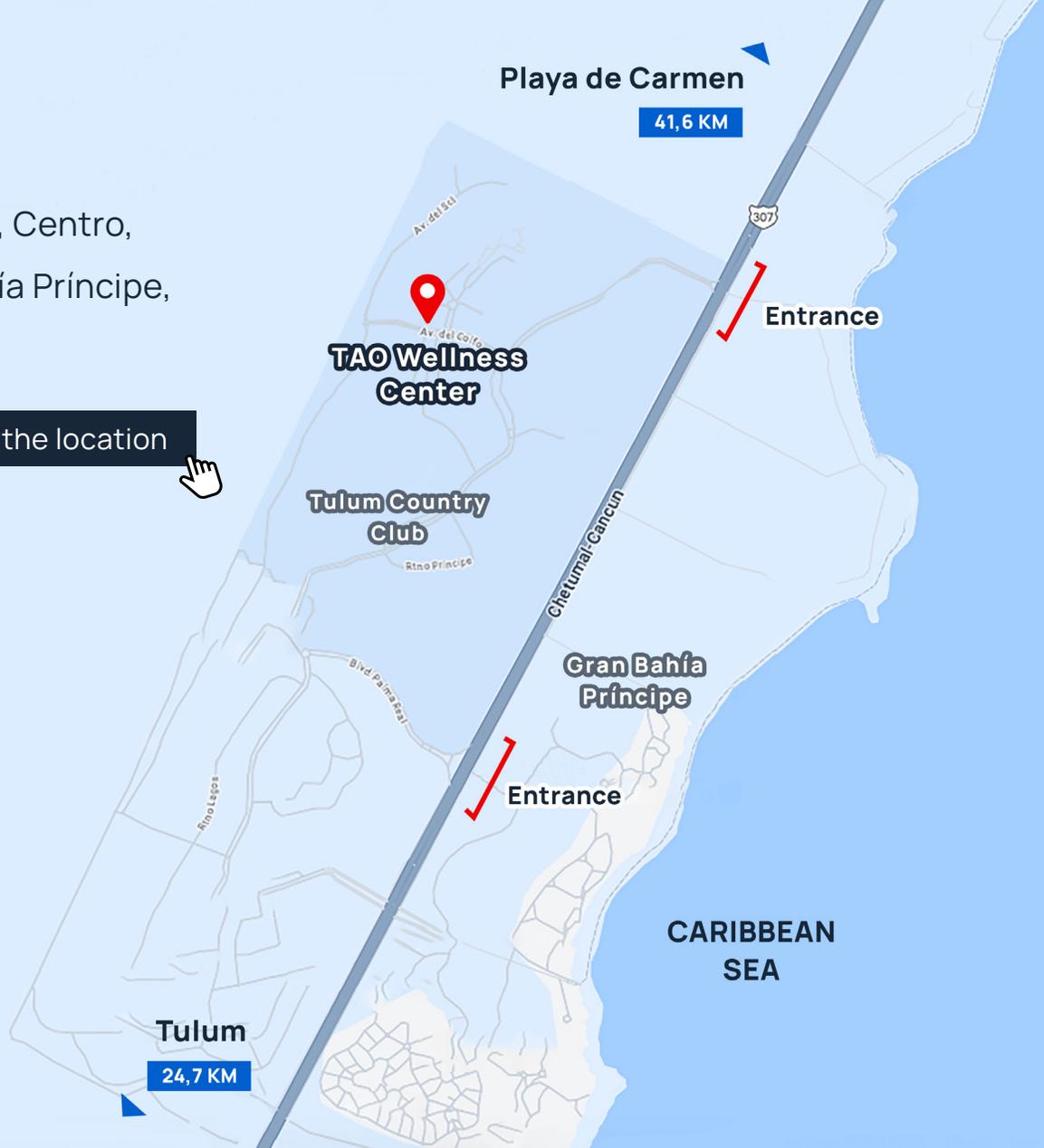
Sundays: Closed



Location

Av. del Golfo 109, Centro,
77760, Gran Bahía Príncipe,
Quintana Roo.

[Click here to see the location](#)



**WELLNESS
CENTER**

*The information presented in this document is subject to change without prior notice.