



BAHIA VIK JOSÉ IGNACIO  
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## WELLNESS RETREAT





## DAY 1 | NOVEMBER 17

Arrival at Bahia Vik Jose Ignacio and tour of the retreat, where you will get to know the important art collection and the unique architecture of the retreat.

**12:00 p.m. - 2:00 p.m.**  
Light lunch in Bahia Vik.

**2:00 p.m. - 5:00 p.m.**  
Take a bicycle tour of Jose Ignacio, where you will also be able to experience and enjoy bird watching, and then relax in Playa Mansa beach while a picnic of flavored waters is served.

**6:00 p.m. - 7:00 p.m.**  
Clean Eating Talk. Introduction to mindful eating led by Gabriela Cosentino, Health Coach.

**7:00 p.m. - 8:00 p.m.**  
Vinyasa Yoga class, with a restorative finishing in Bahia Vik.

**9:00 p.m.**  
Enjoy cocktails and dinner in La Huella.

## DAY 2 | NOVEMBER 18

Free breakfast.

**8:00 a.m. - 9:00 a.m.**  
Enjoy a Vinyasa Yoga class, meditation and relax in Bahia Vik.

**9:00 a.m. - 10:00 a.m.**  
Walk along Playa Mansa beach, and transfer to Estancia Vik

**11:00 a.m. - 6:00 p.m.**  
Visit to Estancia Vik. Tour of the facilities to learn more about the art at Vik, and take horseback ride. Healthy cooking class and light lunch in Estancia Vik's dining room led by Gabriela Cosentino. In the afternoon, relax with the amazing views of Laguna Jose Ignacio and the countryside surrounding Estancia Vik. Available outdoors activities: bikes, trekking, canoeing and tennis.

**9:00 p.m.**  
Cocktails and fish barbecue in Playa Vik, followed by star gazing in the Southern Hemisphere.

## DAY 3 | NOVEMBER 19

Breakfast.

**8:00 a.m. - 9:00 a.m.**  
Enjoy a breathing and relaxing class in Bahia Vik.

**11:00 a.m. - 12:00 p.m.**  
Closing of the retreat with advice and tips to keep on the path to a healthier lifestyle.

Enjoy the rest of the day at your leisure. Check out and departure.

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The program includes: 2 nights' accommodation in Bahia Vik (Suite category). Buffet breakfast. Non alcoholic beverages in the Vik Retreats during the entire stay. All the above described activities, including transfers between properties according to itinerary, meals with nonalcoholic beverages. Access to all the services and facilities in the Vik Retreats including: Access to the swimming pool, fitness areas, Ping-Pong table tennis, darts, horseback riding, bikes, canoeing, gym, tennis courts, bird watching, wifi, board games. Extra charges apply for meals outside of the Vik Retreats (dinner in La Huella), polo classes, reflexology and massages. Contact us for more information about transfers to the airport, additional nights or activities, or upgrade to Master Suites.

**RESERVATIONS:** [reservations@bahiavik.com](mailto:reservations@bahiavik.com) or +54 911 3189 8206 // +598 95 844 445

**GABY COSENTINO**, Health Coach IIN  
(Institute for Integrative Nutrition)

Creator of Gaby C. – Elegí Bien-estar (Choose Well-being) together with Denise Pessana, Healthy Patisserie.

Author of the book "Health Coach. Elegí Bien-estar". The book is available in its first edition in Uruguay, and the second edition is available in Argentina, published by Ediciones B.

Weekly columnist in the TV Show "La Mañana del Once", Channel 11, Punta del Este, Uruguay, where she approaches different topics related to wellness, healthy cooking and physical activity.

She leads cooking classes based on mindful eating and she organizes different events related to wellbeing in Punta del Este as well as in Buenos Aires.

Gaby provides advice and mentoring to those who want to achieve their goals of health, diet and physical activity, through individual or group coaching.



#vikvibe

