

# BATALLA





April 25th-28th



## EXPERIENCE COSTA PALMAS

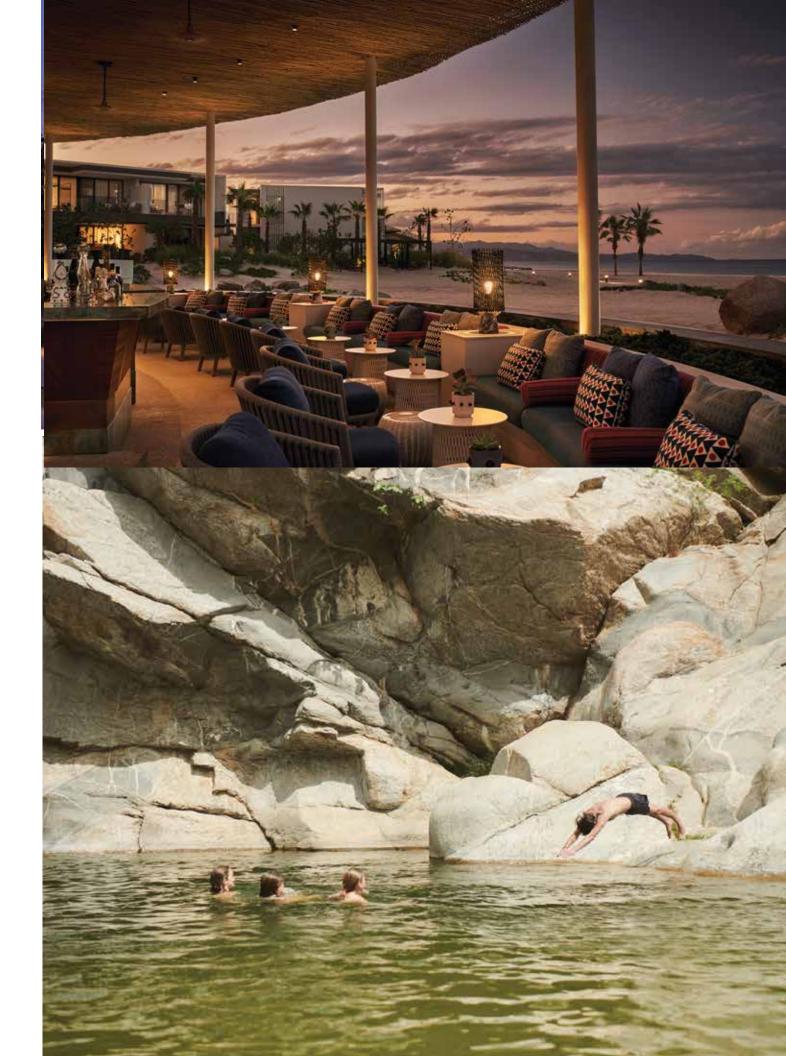
Join fellow members and guests for a weekend of exceptional golf complemented by farm-to-table dining and exclusive tasting experiences. The action may take place on our Robert Trent Jones II-designed golf course, but the Aventura team will offer plenty of reasons to escape to our sea of dreams, with sailing and snorkeling adventures and mesmerizing hikes to a hidden waterfall. A spa treatment at Four Seasons is the perfect way to end any activity under the East Cape sun. The weekend will offer plenty of memorable moments.

Registration Fee: \$1,500 + tax per person includes unlimited golf, F&B on the golf course, 2 celebration dinners, and round trip airport transportation.

Social Fee: \$750 + tax per person includes access to the weekend social program, F&B at the Beach Club, and 2 celebration dinners.

Preferred rates at Four Seasons Resort start at \$870/night plus tax + resort fees.







## SOCIAL CALENDAR

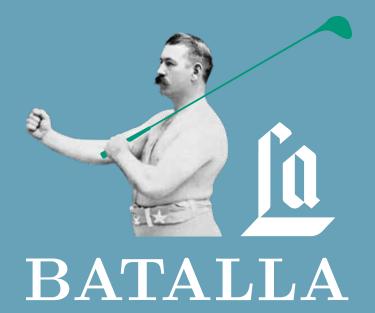
## THURSDAY, APRIL 25TH

Arrive at Cabo

6:30 PM Welcome Cocktails followed by Opening Dinner and Reception

at Costa Palmas Nursery. Family-style with live music.

Clase Azul Tequila Tasting – Limited Edition Pours.



## FRIDAY, APRIL 26TH

8:30 AM	Fitness Class with Kim Strother - Costa Palmas Beach Club Gym (outdoors)
9:30 AM	Yoga with Jonah Kest - Costa Palmas Beach Club Gym (outdoors)
11 - 12:30 PM	Free Time
12:30 PM	Talk by Elissa Goodman - Costa Palmas Beach Club Terrace
1:00 - 4:00 PM	Lunch curated by Elissa Goodman - Costa Palmas Beach Club Pavillion
	Shopping Experience Calle del Mar, Natalie Martin, Lago Concept Store
	Baja Wellness - Tarot, Cleansing, Sound Bath, Reiki, Chakra Alignment, Astrology,
	Numerology, Hand Reading, Runes and Oracles - Costa Palmas Beach Club
	Pavillion <b>DJ Set</b> by Baja Wellness - Beach Club Pavillion
	Clase Azul Tequila Tasting – Limited Edition Pours
2:00 - 4:00 PM	Ear Seeding with Dr. Natazia Stolberg - Beach Club Pavillion
6:30 PM	Cocktails and Hors d'Oeuvres followed by Family Style Dinner at Mozza, Marina Village

## SOCIAL CALENDAR

#### SATURDAY, APRIL 27TH

8:30 AM Fitness Class with Kim Strother - Costa Palmas Beach Club Gym (outdoors)

9:30 AM Yoga with Jonah Kest - Costa Palmas Beach Club Gym (outdoors)

10:30 - 11:30 AM Breathwork Experience with Biet Simkin - Costa Palmas Beach Club Gym

(outdoors)

11:00 AM Art Activation with Casa Musa - Beach Club

12:00 - 1:00 PM Free Time

1:00 - 4:00 PM Lunch & Shopping Experience with Calle del Mar, Natalie Martin,

Lago Concept Store and Corazón Playero Mini Facials by Oasis Spa - Beach Club

6:30 PM Celebration Reception, Cocktails & Championship Shootout - Hole 14 (at

Lucha Libre). Clase Azul Tequila Tasting – Limited Edition Pours.

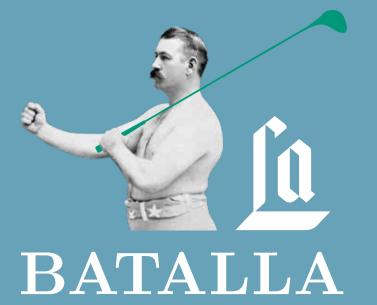
7:00 PM Dinner - Lucha Libre

#### SUNDAY, APRIL 28TH

9:00 AM Fitness Class with Kim Strother - Costa Palmas Beach Club Gym (outdoors)

10:00 AM Yoga with Jonah Kest - Costa Palmas Beach Club Gym (outdoors)

11 AM - 2 PM IV Therapy - Costa Palmas Beach Club Gym (outdoors)





## **FITNESS**



KIM STROTHER

Kim Strother is a holistic health and wellness coach, certified personal trainer and yoga instructor. As being aptly named one of LA's top celebrity trainers, she has spent 2 decades creating individualized health programs for clients including popular her 30-Day Transformation Program and In-Home Bootcamp. Kim is a featured fitness instructor on the Melissa Wood Health App and has taught for various studios and workshops across the country including Yoga Glo, Barry's Bootcamp, Bandier, SXSW and Summit Series.

Kim's full-circle approach to wellness comes from an underlying belief in bio-individuality. She believes that each person has unique needs, that personal differences in anatomy, metabolism, and body composition all influence overall health in what makes you feel your best. Kim's philosophy begins with viewing wellness as a deeply individualized journey. Her approach includes an equal dose of fitness, functional nutrition, and mindfulness. Kim's goal is to create accessible wellness plans for anyone seeking to become a healthier version of themselves.

#### Day 1

Get your heart rate up, strengthen and sweat in this total body interval style workout. We will use body weight to train all major muscle groups increasing power, agility, endurance, and strength with short bursts of cardio woven in. Wind down with stretching and a relaxing body scan to close the class.

#### Day 2

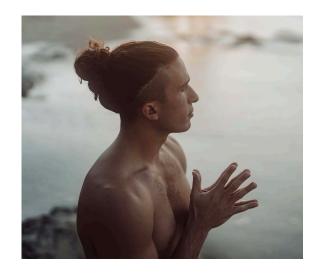
Booty Bootcamp- Build your strength with this lower body intensive that will tighten and tone through the use of body-weight exercises. Expect to move through short bursts of cardio to get your heart rate up and your booty poppin'!

#### Day 3

Get your heart rate up, strengthen and sweat in this total-body interval-style workout. We will use body weight to train all major muscle groups increasing power, agility, endurance, and strength with short bursts of cardio woven in. Wind down with stretching and a relaxing body scan to close the class.

## **FITNESS**

(continued)



**JONAH KEST** 

Jonah Kest is a well-traveled ashtanga/vinyasa teacher whose classes are both graceful and intense. Impermanence, compassion and humility are just a few of the elements that Jonah seamlessly weaves through each healing practice. His plant-based diet and love for creating raw, rich, vegan meals has also become a passion and healing modality.

#### Day 1: Yin Yoga

Get out of your own way! Join me for a 60-minute Yin yoga experience. With the combination of gently stretching your connective tissues and utilizing postures that place pressure on the meridians, a natural release of the hips, pelvis and spine will occur. This ancient approach to transporting raw, life-giving energy throughout the body will leave you reveling! Balance your tenaciousness with sweet surrender in this deeply restorative practice. All levels are welcome.

#### Day2:HipHopVinyasa

Join Jonah Kest for a breathtaking practice... The balance of ancient asana, dynamic flow, and modern-day hip hop beats are sure to ignite your spirit! This 60-minute experience will leave you feeling energized and free! Come feel the raw connection of body and mind through vinyasa yoga!

#### Day 3: Asthanga Remix

Human beings innately seek the balance of stability and variety. Within each of the ancient roots of Ashtanga there is opposition. Come explore the union of modern Vinyasa's edgy transitions and the foundation we all know and love. Ashtanga Remix - a unique breath-centered practice, where you will explore the link between standing and seated postures and the invigorating free flow of balance and inversion.



DR. JENNA LAGANA Dr. Jenna Lagana is a Rehab Chiropractor practicing in Los Angeles and the owner of Lagana Wellness Company. With her experience working sideline as a medical provider for Team USA and her educational background in sports medicine, she has created a clinically guided movement-based practice that uniquely addresses the needs of each individual. Dr. Jenna Lagana utilizes her knowledge to manage pain, prevent injuries, and optimize performance at all levels.

Join Jenna to get ready for your round as she expertly guides you through warm-up and mobility drills. This activity is exclusively for golfers.

## WELLNESS



BIFT SIMKIN

Biet Simkin is a World-renowned Spiritual Teacher and Best-Selling Author dubbed. The David Bowie of Meditation. She creates huge meditation and breathwork experiences globally that she scores with her own music. She is a true artist who is redefining Enlightenment.

#### Breathwork Experience by Biet

Unlike any other breathwork available, Biet Simkin has founded an experience that gets you as high as hallucinogenics in 4 minutes! Biet will be sharing her story, breaking the old mold and definition of "enlightenment" and guiding you through a life-changing experience that she scores with her own music. As an artist, Biet's experiences are less lecture than interactive performance. Please come ready to have a completely new experience with anything spiritual.



DR. NATAZIA STOLBERG Dr. Stolberg is an acupuncturist and herbalist whose reputation for treating overlooked ailments such as fatigue, hormone imbalance and digestive issues has made her a sought-after practitioner. She currently treats out of her private practice in Los Angeles, The Wei Clinic. Dr. Stolberg is also the founder of Rest + Digest Tea which has gained a cult following amongst influencers and celebrities due to its magical ability to reduce bloating and optimize digestion.

#### 4k Gold Ear Seeds with Dr. Natazia

Small 24k gold pellets attached to an adhesive are placed to stimulate acupressure points which activate the nervous system and alleviate a variety of symptoms such as insomnia, stress and anxiety, fatigue and pain. They can be left on for one week and gently pressed to re-activate.

## WELLNESS

(continued)



FLISSA GOODMAN

Personal health and educating others on their health and wellness have been passions of Elissa's for many years. She had issues with her health for her entire life from cancer to autoimmune issues and Hashimoto's in her 30's. Beyond her health, she has also struggled with watching various loved ones suffer from health-related issues, including her husband Marc who lost his battle to cancer in his mid-40s.

She decided it was time to take her health into my own hands, so she became an Integrative Holistic Nutritionist. Fast forward several years, and she has helped thousands of clients manage their health issues, and she has created her own delivered EG Kitchen Cleanse in Los Angeles. She has created several successful cleanses with Cafe Gratitude and M cafe, and her digital 7-Day RESET cleanse. The EG Kitchen Cleanse allows people to have nourishing, vibrant, healing food delivered right to their doorstep so that clean eating is easier than ever. Most importantly, her cleanse is made with love!

Her mission is to educate and encourage healthy, mindful living and help others embrace the concept that we are products of what we eat and how we treat ourselves!

Join Elissa's talk on "Getting to the Root of Your Health Concerns.



OASIS SPA

Oasis Spa at Four Seasons Los Cabos offers a range of rejuvenating experiences, from serene couples' massages to invigorating yoga and Pilates classes. Immerse yourself in a world of wellness and tranquillity, where every visit leaves you feeling refreshed and revitalized.

#### **Instant Glow Express Facial**

Created for those moments when you need an instant beauty boost, helps eliminate the appearance of signs of fatigue and smooth lines and wrinkles for a glowing, rejuvenated complexion in record time.

#### **Percussion Massage**

A deeper massage and longer-lasting relief with the innovative Theragun

## TRUNK SHOW



LAGO CONECPT STORE LAGO promotes emerging designers in Mexico and the rest of Latin America through four different projects. Our platform includes shops, designer markets and trade shows. We like to put together the best of our region for people looking to buy outstanding pieces, with an interesting story, and things that are worth buying. The shopping experience in all our projects is truly unique.



CORAZON PLAYERO Hat Ateliers - Personalized hats made by hand. We are proud to be able to empower our artisans, this is our greatest motivation to continue growing and impacting and bettering the lives of more and more women and their families.

Experience the artistry of Corazon Playero's artisans as you meet them. Select your favorite style of hat, and customize it with your chosen design from an array of threads, beads, and accessories.



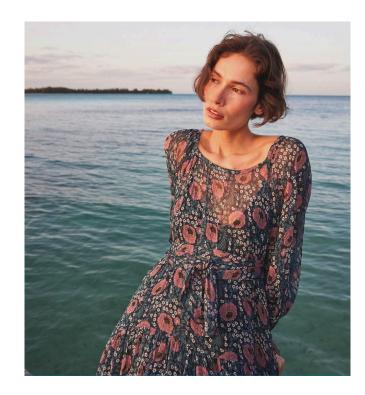
CALLE DEL MAR

Non-seasonal Knitwear made in California.

CDM focuses on ethical, thoughtful, and local production. All products are designed and produced in Los Angeles, California. Our knitters and crocheters create our products within a 30-mile radius of our studio. CDM is inspired by vintage knits made entirely in the USA, and it is important to us that we pay tribute to what inspired us.

## TRUNK SHOW

(continued)



NATALIE MARTIN

Natalie Martin is a Los Angeles-based fashion designer whose namesake line launched in 2011. Born in Noosa, Australia, Natalie's love of all things summer started from a young age. Natalie's pursuit of unique fabrics and prints has taken her on adventures across the globe, but she has always been inspired by the distinctive and ages-old batik prints of Bali. Natalie uses these unique prints to create special, handmade, and one-of-a-kind garments.

## ART ACTIVATION



CASA MUSA

Casa Musa is a space in San Jose del Cabo dedicated to creation, knowledge and collaboration with the purpose of plowing a community of artistic expression through workshops, cultural events and exhibitions.

#### Casa Musa- Cyanotype Workshop

Cyanotype is a revered photographic printing method celebrated for its iconic blueprints.

By applying a light-sensitive solution to paper and exposing it to light, this technique produces striking images with a distinct blue hue. With its straightforward process and unique aesthetic, cyanotype remains a beloved choice for artists and photographers seeking timeless expression.

Guests will be able to apply the cyanotype technique to a canvas bag adorned with imagery of their preference, such as shells, flowers, or locally sourced plants which they will take home after the activity.

## TEQUILA TASTINGS

#### by Tequila Clase Azul



Tequila Clase Azul will be offering tastings of three special and limited-edition tequilas: DDM 2023, Pink, and Eduardo Sarabia. Join us and treat yourself to the flavors and history of this traditional Mexican distilled spirit.

#### Day of the Dead Limited Edition | Aromas

In 2021, we launched Nuestros Recuerdos, an annual series of five limited-edition decanters and tequilas, inviting all to embark on a memorable journey through the most exquisite aspects of Día de Muertos. Clase Azul Tequila de Muertos Edición Limitada Aromas, the third installment in this series, aims to evoke one of this celebration's most enchanting aromas: the sweet essence of cempasúchil blossoms. It's a sharp, herbal fragrance that awakens memories of our loved ones and transports us to treasured moments from our past.

#### Limited Edition by Eduardo Sarabia

To fulfill our mission of sharing the diverse and innovative expressions of Mexican creativity with the world, we collaborated with Eduardo Sarabia for this limited edition—the first publicly offered collaboration between Clase Azul México and a contemporary artist.

Through his work, Sarabia has created a personal language that explores the frontier between craftsmanship and contemporary art. Using his personal experience as a starting point, he employs various mediums such as ceramics, painting, and drawing to tell stories.

Clase Azul Tequila Edición Limitada x Eduardo Sarabia pays homage to the personal aesthetics and narratives that characterize the artist's work. It's also a piece that was created in conjunction with Clase Azul México and expresses a shared vision of the magic of Mexican culture.

#### Clase Azul Tequila Pink Edition

Clase Azul Tequila Pink Edición Limitada 2023 is humbly crafted as part of our annual effort to raise breast cancer awareness and honor the valiant personal struggles of thousands of women and their families facing this affliction.

Proceeds from this release go to Grupo Recuperación Total (RETO), an organization that promotes the importance of early detection of breast cancer and provides accessible healthcare and treatment to diagnosed women throughout Mexico.

