



**MAROMA**

A BELMOND HOTEL  
RIVIERA MAYA



## Wellness Residency

MOVE BEYOND THE MIND—CONNECT TO YOUR HEART  
THROUGH BREATH, MUSIC, AND MOTION

12-14 DECEMBER 2025

In Collaboration with

**THE CLASS**

MOVE TO FEEL, FEEL TO HEAL.  
LET THE BODY SPEAK,  
LET THE HEART LISTEN.



At Maroma, The Class unfolds on sacred shores where the jungle meets the sea.

This music-driven, somatic movement experience—founded by Taryn Toomey—guides guests through a powerful journey of breath, sound, and motion. Led by radiant Soeuraya, each 60-minute session awakens the body, clears stagnant energy, and opens pathways to emotional release and inner clarity.

In the beating heart of the Riviera Maya, The Class at Maroma becomes more than a practice, it is a sacred ritual, a return to self.

Here, movement becomes meditation, sound becomes soul, and every breath is an invitation to awaken, release, and rise into your most vibrant being.



## SOEURAYA WILSON

As you join Soeuraya in Class, her intention is that you leave feeling grounded, and clear in your mind & heart. From a dance background with Alvin Ailey & BDC, she firmly believes the body holds medicine that can heal you somatically, from the inside out.

You will move through resistance, create contraction, and feel the release in expression as you experience The Class with Soeuraya.

Prepare to sweat, shake, and let it be a returning to self, and a reawakening in the physical & subtle body.

@ rawbabysugar  
@theclass

# The Itinerary

## *Friday, December 12*

07.00	<b>Welcome Ritual</b>	12.00	<b>Apothecary Workshop</b>
-07.30	Bathed in the vibrant energy of the jungle, we begin this journey with a welcoming sacred ritual of copal smoke—an ancient offering to clear the path ahead. As the fragrant cloud rises, let it attune your mind, body, and soul to the rhythm and magic of Maroma. <i>Location: Palapa Tolok</i>	-13.00	Our apothecary offers a wealth of ancient knowledge about healing plants. Create ancestral healing recipes and connect with the energy of the four elements, forging a deep connection of the senses within Mayan culture and botanicals. <i>Location: Apothecary</i>
07.30	<b>The Class x Soeuraya</b>	17.00	<b>Temazcal Ritual</b>
-08.30	The Class is a music-driven somatic exercise method founded in 2011 by Taryn Toomey to regulate the nervous system and release stuck energy by moving the physical body. Guided by our brilliant, extensively trained Teachers, each Class integrates a unique combination of movement, breath, music, and sound release to create physical, mental, and emotional openings. <i>Location: Palapa Tolok</i>	-18.30	Enter the sacred womb of the temazcal , where volcanic stones and herbal steam awaken the spirit . Guided by drums and chants, each door deepens the journey . A final cold- water cleanse seals the ritual — a rebirth of body and soul . Detox, clarity, grounding, and healing await in this timeless embrace of Mexican tradition. <i>Location: Beach</i>
09.00	<b>Healthy Breakfast at Casa Mayor</b>		
	Enjoy mornings Maroma style at Casa Mayor with a delicious healthy breakfast while gazing out at the mesmerizing turquoise waters of the Caribbean Sea.		

# The Itinerary

## *Saturday, December 13*

	<b>09.00 Healthy Breakfast at Casa Mayor</b> Enjoy mornings Maroma style at Casa Mayor with a delicious healthy breakfast while gazing out at the mesmerizing turquoise waters of the Caribbean Sea.
<b>06.45 Morning Salutation</b> <b>-07.05</b> Join our wellness instructor on our daily salute to the sun. A beautiful 20-minute experience of gratitude and awakening, followed by beach walking. As the sun rises and shines over the ocean, we rejoice in the beauty of the world that surrounds us while we show thanks for the opportunity to be here and now. <i>Location: Beach</i>	<b>12.00 Pollen popsicles &amp; Beehive</b> <b>-13.00 Painting</b> Enter the fascinating world of melipona bees, ancestral stingless pollinators. Discover their crucial role in the ecosystem, the secrets of their unique honey and their cultural importance. During this activity, we will teach you how to make pollen popsicles and you will also be able to customize your own beehive. <i>Location: Melipona Sanctuary</i>
<b>07.30 The Class x Soeuraya</b> <b>-08.30</b> The Class is a music-driven somatic exercise method founded in 2011 by Taryn Toomey to regulate the nervous system and release stuck energy by moving the physical body. Guided by our brilliant, extensively trained Teachers, each Class integrates a unique combination of movement, breath, music, and sound release to create physical, mental, and emotional openings. <i>Location: Palapa Tolok</i>	<b>17.00 Cacao Ritual</b> <b>-18.00</b> Take part in this meditation workshop and discover the history behind this ancient ingredient and its powerful benefits. A guided ancestral ceremony in energetic healing helps find clarity in love, purpose, intuitive abilities, career, and personal growth. <i>Location: Melipona Deck</i>

# The Itinerary

## *Sunday, December 14*

		<b>09.00 Healthy Breakfast at Casa Mayor</b> Enjoy mornings Maroma style at Casa Mayor with a delicious healthy breakfast while gazing out at the mesmerizing turquoise waters of the Caribbean Sea.
<b>06.45 Morning Meditation</b>		
<b>-07.05</b>	Begin your day with intention during a serene 20-minute Morning Meditation on the beach. Surrounded by the gentle rhythm of the Caribbean waves and the warmth of the rising sun, this guided experience invites you to connect with nature, find inner calm, and awaken the senses—setting a peaceful tone for the day ahead. <i>Location: Beach</i>	
<b>07.30 The Class x Soeuraya</b>		
<b>-08.30</b>	The Class is a music-driven somatic exercise method founded in 2011 by Taryn Toomey to regulate the nervous system and release stuck energy by moving the physical body. Guided by our brilliant, extensively trained Teachers, each Class integrates a unique combination of movement, breath, music, and sound release to create physical, mental, and emotional openings. <i>Location: Palapa Tolok</i>	
		<b>12.00 Abeille Royale - Workshop by Guerlain</b> Awaken your ritual with Guerlain's golden touch. Join our master class, where bee-born beauty meets science. Discover Abeille Royale's age defying secrets, guided by expert hands and 80 years of spa wisdom. Indulge in textures, scents, and sacred techniques. Leave with bespoke rituals and radiant skin, a journey of wellness, crafted just for you. <i>Location: La Cantina</i>
		<b>17.00 Sound Healing x Soeuraya</b> <b>-18.00</b> Let waves of sound wash over you as crystal and singing bowls awaken the senses. Each vibration ripples through the body, dissolving tension, quieting the mind, and guiding you into a state of deep, luminous calm. In this sacred sonic journey, stress melts away, and the spirit rises—restored, rebalanced, and resonating with inner harmony. <i>Location: Palapa Corazón</i>



## PRICE LIST

### *The Class x Soeuraya*

Hotel Guests: US\$50

External Guests: US\$75

### *Temazcal*

Hotel Guests: US\$137

External Guests: US\$137

### *Cacao Ritual*

Hotel Guests: US\$137

External Guests: US\$137

### *Sound Healing x Soeuraya*

Hotel Guests: US\$137

External Guests: US\$137

### *Abeille Royal - Workshop by Guerlain*

Hotel Guests: US\$64

External Guests: US\$64

### *Apothecary Workshop*

Hotel Guests: Complimentary

External Guests: US\$25

### *Pollen Posicles & Beehive Painting*

Hotel Guests: US\$64

External Guests: US\$64

### *Morning Salutation & Meditation*

Hotel Guests: Complimentary

External Guests: US\$15

### *Healthy Breakfast*

Hotel Guests: Complimentary

External Guests: US\$50

### *Full Day 1*

Hotel Guests: US\$170

External Guests: US\$261

### *Full Day 2*

Hotel Guests: US\$228

External Guests: US\$310

### *Full Day 3*

Hotel Guests: US\$228

External Guests: US\$310

### *Book Now*







**MAROMA**  
A BELMOND HOTEL  
RIVIERA MAYA

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