



WEN LIVING

San José del Cabo



Love Living

SUMMER 2022*

FACT SHEET

Situated in the laid-back colonial city of San José del Cabo in Baja California Sur, Mexico, **Wen Living San José** is a wellness sanctuary for nature lovers and experience seekers. Approximately 20 miles from Cabo San Lucas, San José del Cabo is the perfect destination to enjoy everything the region has to offer without the agitation of its touristy southwestern neighbor.

The Resort is specially planned and designed to glorify local flora & fauna, promoting a connection with nature and reinforcing a sense of overall wellness. Being located less than a mile from the beautiful Sea of Cortez makes **Wen Living San José** a paradise to enjoy this exciting phase of your life and create new and meaningful relationships and memories.

At **Wen Living San José**, you create your own life. Either embarking on adrenaline rush adventures or meditating in our zen garden, moving your body in your favorite fitness class or having one of our signature massages overlooking the ocean, the choice to “Love Living” is yours to make.



Location | San José del Cabo, Los Cabos, Baja California Sur, Mexico.

Airport | Los Cabos International Airport

Distance to Airport | 12 minute drive

Hospital | H+, Hospiten

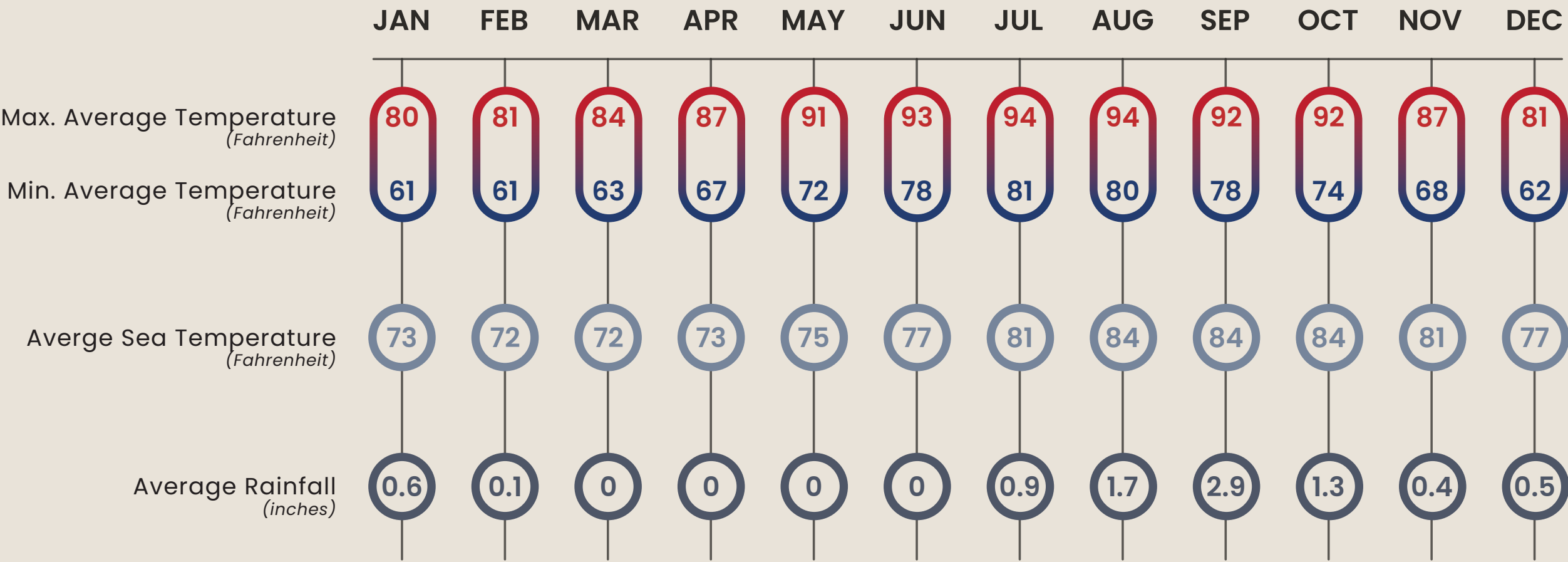
Distance to Nearest Hospital | 9 minute drive

Language | English & Spanish

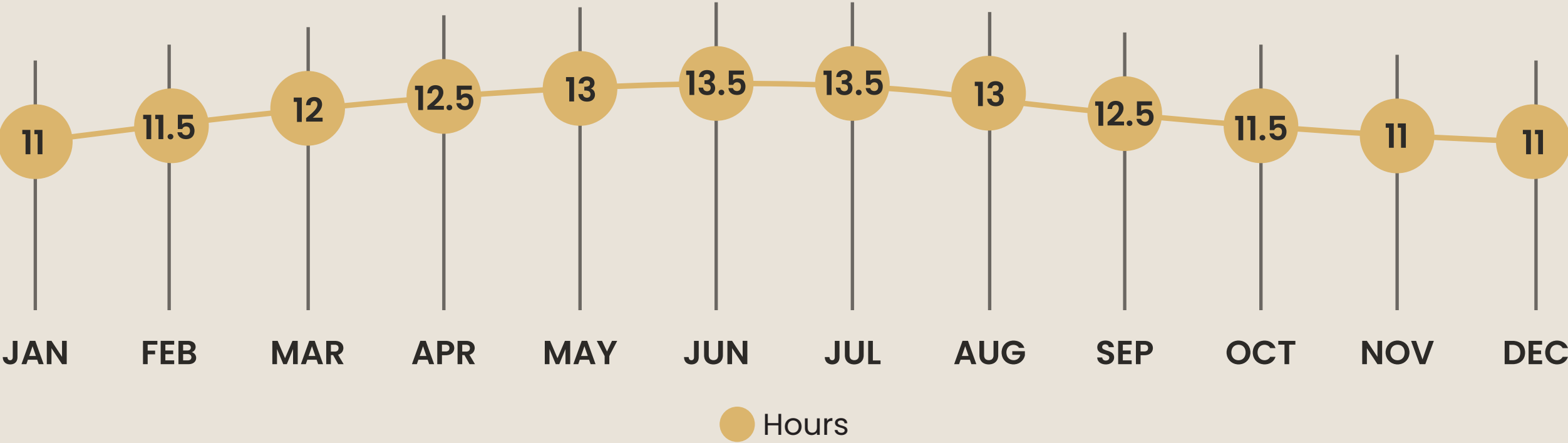
Currency | Mexican Pesos & US Dollars



Weather



Average Daily Sunlight



Wellness Dimensions

We all possess many (eight) dimensions that are important to strengthen our wellness. The development and care of these dimensions are key for us to experience life to its fullest and begin to "Love Living".



Activities & Services

Wen Living San José's whole portfolio of services and activities is specially designed with all eight dimensions of wellness in mind. We want every guest at **Wen Living** to feel revitalized, relaxed and healthy.

Emotional

- Professional psychological and emotional care programs
- Equine therapy workshops
- Constant contact with local flora & fauna
- Altruism opportunities at local foundations
- Arts, photography & music programs

Physical

- Yoga/Pilates
- Dance classes (various styles)
- Tai Chi
- Swimming
- Spinning
- Racing-track
- Hiking
- Trekking
- Personalized fitness routines in the gym
- Water fitness
- Personalized nutritional counseling (Ayurveda, DNA, among others).
- Optional personalized DETOX programs.
- Signature massages at the Spa
- Basic medical clinic with general services
- Nail bar and aesthetic services with sustainable products

Occupational

- Business driven conferences & workshops
- Co-working space

Environmental

- Organic vegetable garden

Social

- Mexican cuisine cooking class
- International cuisine cooking class
- Gourmet pastry
- Mexican bakery
- Winemaking and wine tasting workshops
- Golfing
- Whale watching tour
- Snorkeling/diving groups
- Boat travel
- Kayak
- Sailing
- Trip planning

Spiritual

- Guided meditations
- Free meditation
- Mindfulness courses
- Interreligious center, for the free expression of any faith

Intellectual

- Book reading at the library
- Technology classes

Financial

Personal finance advice to Wen Living members, as well as legal and testament matters.

Provide support for immigration papers through a third party.

Communication with banking institutions to facilitate services to foreign guests.

Facilities

All facilities at **Wen Living San José** are designed to help our guests to stay in touch with nature and promote an active & healthy living while enjoying the amazing views and wonderful weather San José del Cabo has to offer.

In order to give back to our planet, the efficient use of renewable energy and eco-friendly products and services is essential and always present within the resort facilities.

- Open Kitchen (for cooking classes)
- State-of-the-art gym and equipment
- Fitness Class Rooms
- Yoga, Pilates & Tai Chi Space
- Zen Garden & Meditation Space
- Spa
- Sauna
- Steam Room
- Co-Working Space
- Library Space
- Relaxing Pool
- Training Pool
- Boutique Beauty Salon
- Boutique Barbershop
- Cafeteria & Fresh Juice Station
- Restaurant (Formal & Casual)
- Bar
- Basic Medical Clinic
- Organic Orchard
- Beach Clubhouse
- Golf Course (Nicklaus Design)

*Note: the facilities listed above for **Wen Living San José** are subject to change and modifications. Golfing requires an additional membership.*

Amenities & Other Services

- High speed WiFi service throughout the resort.
- Air Conditioning
- Smart TV
- Bicycles
- 24-hour Security
- 24-hour Emergency Service
- Laundry Service
- Transportation within the complex
- Personal & group transportation to shopping centers, marina, scheduled events, entertainment, airport, etc. - Available upon request
- Organic food products & “farm to table” experience
- Residential chefs & personalized cuisine - Available upon request
- Water Sports Equipment: Kayaks, Snorkel, etc.
- 24-hour Concierge Services

Adventures & Experiences with Wen Living at San José del Cabo

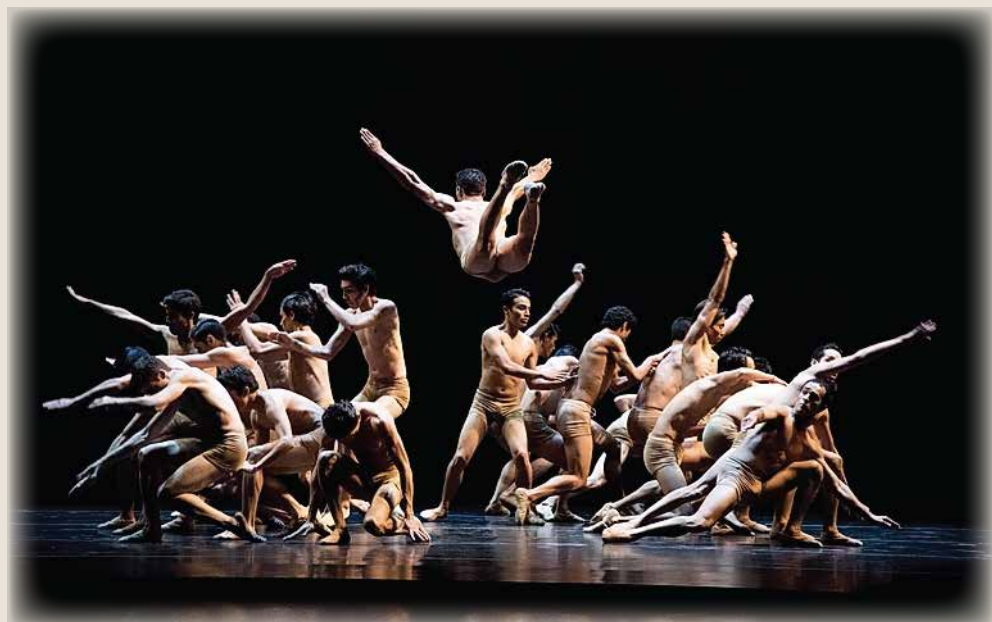
At **Wen Living**, your wellbeing is our priority. Los Cabos is a wonderful coastal region with countless places and experiences for you to explore and enjoy. These are just a few adventures, tours, entertainment, and exciting trips that await you with **Wen Living** at San José del Cabo!



Snorkeling & Scuba Diving at Cabo Pulmo

Cabo Pulmo, two hours from San José del Cabo, is a protected natural reserve and UNESCO Natural World Heritage site. This coast on the Sea of Cortez dates back 20,000 years and is home to 300 species of fish and more than 800 species of marine life, earning it the name “Aquarium of the World”.

Cabo Pulmo is known to be one of North America’s best places to snorkel, so get ready to enjoy this beautiful virgin space with friends and loved ones!



Art & Culture Festivals

Los Cabos has become the venue for a wide variety of festivals of all kinds.

Enjoy some of the most delicious regional dishes at the "Festival Sabores de Baja" or an original and refreshing drink at the "Cabo Cocktail Fest". If you are looking for dance, music and film, you will surely love festivals such as "Gala de Danza", "San José Jazz Weekend", and the “Festival Internacional de Cine de Los Cabos” where you can enjoy the best of international folklore and art.

Over 30 festivals are hosted in Los Cabos for you to enjoy!



World-Class Sport Competitions

Thanks to its wonderful climate and natural spaces, Los Cabos is host to a large number of international sports competitions.

Whether you’d like to challenge yourself and some friends at “Ironman Los Cabos” or watch elite-class surfers ride the big waves at “Los Cabos Open Water Challenge”, the sports entertainment, fitness, and fun is ample at Los Cabos.



Watersports & Sailing

Being so close to the beautiful Sea of Cortez makes for an amazing water adventure!

Surfing
Kitesurfing
Flyboard
Sailing
Catamaran
Windsurfing

And many more!



Whale Watching & Turtle Hatching

Approximately nine species of whales visit Baja California Sur every year, making it an incredible place to go watch the stunning whales and have a great day at sea!

From August to October, it is the turtle hatching season in Los Cabos, where you can be witness to the amazing work of nature and the first-ever ocean swim of the little sea turtle's life journey!



Gastronomy & Nightlife

In 2010, UNESCO named the traditional Mexican cuisine as Intangible Cultural Heritage of Humanity, calling it "an integral cultural model that includes agriculture, ritual practices, millenary skills, culinary techniques and customs, and ancestral traditions of the community."

In Los Cabos you can find a variety of dishes from various states of the country, as well as a culinary influence from around the world, due to the large number of national and international visitors, making the region a culinary destination full of excellent options.



Off-Road Adventure at Los Cabos

If you're looking for some adrenaline, this one's definitely for you!

Take in the landscape and feel the rush as you cross the Natural Desert Reserve or take your ATV adventure to the beach for a more tropical experience.

Baja California Sur is the cradle of Off-Road extreme motorsports, so extreme fun is guaranteed!



Email us at info@wenliving.com for additional information.

**Wen Living San José is expected to be available in Summer 2022.*