



Shift your path toward
greater wellbeing in a
serene coastal locale.

SENSEI

AT ZADÚN
A RITZ-CARLTON RESERVE

Where rolling dunes meet the crystal-clear waters of the Sea of Cortés, Sensei unveils its first international outpost and beachfront locale, a place of exceptional beauty where culture and tranquility coalesce. Here, above untouched mile-long beaches and beside our Sensei Guides, we invite you on the path toward lifelong wellbeing.

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The Sensei Way

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Sensei brings to life a vision created around one essential purpose: to help people live longer, healthier lives. Set in some of the most secluded and inspiring destinations in the world, Sensei wellbeing retreats feature best-in-class minds and practitioners in wellness.

The Sensei Way philosophy is our evidence-led approach to wellbeing distilled into three simple paths for everyday living: Move, Nourish, and Rest. Each path, connected and enriched by one another, forms an essential balance to build a lifetime of wellbeing. Our highly-trained team of Sensei Guides and wellness practitioners hold advanced degrees in their fields, from exercise physiologists and nutritionists to mindfulness experts. Leading with heartfelt intention, our team uses innovative technology, data, and evidence-led practices to support your wellbeing journey and help you meet your wellbeing goals.



Move

How we interact with our environment

Explore movement practices through body, breath, strength, and flexibility to establish healthy habits and feel more connected to your physical self.



Nourish

What fuels us

Balance the ingredients that make up your life through practices that energize the mind and nourish the whole body - from discovering what nutrient-rich foods help you feel your best to deepening your personal connections.



Rest

How we recover and grow

Learn important practices like mindfulness and meditation to wind down and tune into your body. Intentional downtime is essential to our mental and physical recovery process, leading to greater creativity and productivity.

Exclusive Experiences

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Wellbeing is not a destination, but
a journey with knowledge at its core.



Wellness Activities

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Personalize your stay with a curated selection of wellness experiences designed to align with your group's goals.

Yoga

Morning Meditation & Yoga: Start your day with a mindful blend of breath-centered meditation and energizing yoga.

Yoga Basics: Beginner yoga class focusing on postures, breathwork, and mindfulness.

Sensei Yoga Flow: A practice integrating Move, Nourish, and Rest: dynamic, mobility-focused, and restorative poses for nervous system support.

Advanced Vinyasa: Vinyasa combines breath and movement to build strength, flexibility, balance, and breath capacity with advanced postures.

Restorative Yoga: This practice begins with breathwork before unwinding through passive stretches using props to encourage muscular relaxation. After relaxing the body, dive deeper into relaxing the mind through meditation to close the class.

Yin Yoga: Melt into deep static stretches while targeting the joints and connective tissues in this slow-paced yoga format. Yin poses are held for 3-5 minutes, creating length in the hips, inner thighs and lower spine. By limiting movement, external stimulation is removed, allowing you to relax into postures.

Meditation

Mindfulness for Everyday Living: Cultivate mindful awareness to enrich your life, navigate challenges with grace, and find peace in every moment.

Deep Relaxation: Discover a science-backed mindfulness practice for deep relaxation, rejuvenation, and better sleep.

Getting Started with Compassion: Strengthen compassion as a skill and discover daily practices for a healthier, more connected life.

Loving Kindness Meditation: Ease into a heart-centered meditation designed to awaken compassion, ease tension, and expand your capacity for connection. Supported by both timeless wisdom and contemporary science, your practitioner will gently guide you through visualizations and affirmations that help to cultivate kindness toward yourself and others.

Sound Journey: Immerse yourself in a Sound Journey with gongs, wave drums, and singing bowls, guiding you to deep relaxation.

Breathwork Basics: To introduce participants to the power of the breath starting with the basics of healthy breathing, exploring various breathwork practices that support relaxation, energy regulation, and deepen understanding of how breath influences physical and emotional well-being.

Fitness

The Daily Warm Up: Adopt a morning routine that gently awakens your body, stimulates your mind, and prepares you to embrace the day.

Strength Circuit: Learn the fundamentals of strength training and safely build muscle and endurance using traditional resistance techniques.

Functional Fascia: Invite ease into your body through breathing, relaxation, and self-massage.

Core Strength: Rethink how you strengthen your core and discover the importance of a stable.

Minimalist Resistance Training: Optimize your workout with minimal equipment to build strength, balance, flexibility, and core stabilization.

Sensei Target Activations: Strengthen stabilizing and postural muscles that protect your joints.

Premier Activities

Sensory Eating: Fueled by cuisine from Barrio, learn to harness all five senses to still the mind, spark gratitude and prepare for nourishment. Led by a Nutrition Guide, you'll learn the importance of a restful state during mealtime to promote appetite, facilitate digestion and beget healthy eating habits. This class requires a minimum of 2 participants, or subject to cancellation.

Uncover the philosophy behind the paths of Move, Nourish and Rest



Sensei Insights

Attuned Awareness: Discover the art of mindful listening as you learn to focus your attention on specific elements within musical compositions, deepening your present moment awareness and appreciation for sounds.

Well for Life: Vitality at Every Age: Discover how optimal nutrition, protein intake, and other wellness practices evolve to support your body's changing needs at every stage of life. Explore the science of vitality across life's transitions—from youth to maturity—revealing targeted strategies for sustained strength, energy, and well-being.

Better Bites: Simple Swaps for Improved Nutrition: Reimagine your favorite dishes through a wellness lens, transforming them into equally delicious yet nutritionally superior creations.

Footwork Foundations: Our feet are foundational. In this interactive session, you'll explore the connection between foot function, movement efficiency, and overall alignment. Through discussion and practical exercises, you'll learn to move with greater stability, comfort and confidence.

Foundations of Breathwork: A mindful exploration of personal breathing patterns combined with modern respiratory science. Participants learn to understand their natural breath rhythm, practice nasal breathing benefits, develop breath awareness, and nervous system regulation.

Facial Sculpting Class: Refresh your skin and awaken your inner radiance with this guided self-care experience. Learn facial massage techniques designed to sculpt, lift, and tone, while enhancing circulation and restoring your skin's natural luminosity.

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Our Sessions

Our Intention: Meet your Guides in a collaborative group orientation session to explore your individual wellbeing intentions within a supportive community setting. Learn about the Sensei philosophy, discover shared goals with fellow guests, and understand optional baseline health data collection opportunities. Our Guide team will continue to support your group's journey throughout your stay at Sensei.

Our Wellbeing: An optional mid-stay session invites you to reconnect with your intentions. Offered for stays of more than four days, you'll share progress, explore new insights, and support one another. These reflections help inform how we will tailor your journey for the days ahead.

Our Plan: A concluding group session invites you to identify the practices that resonate with you and learn how to apply them to daily life. Insights from this conversation will help inform your Guide to Growth, a take-home wellness report built from your goals, data, and expert analysis.

Enrichment Workshops

Inner Council: Go beyond analytical thinking in a workshop designed to hone three distinct members of your Inner Council—your mind, heart, and gut—as trusted wisdom advisors. Through reflection and guided visualization, you'll learn to consult each one to make more integrated, authentic decisions.

Adaptive Edge: When life throws an unexpected punch, many of us try to think our way through. But lasting resilience comes from more than just mindset. In this workshop, you'll learn to access three key sources of resilience—mental agility, emotional regulation, and somatic grounding—to navigate adversity with clarity, strength and grace.

Effective Connections: Cultivate authentic connection across the spectrum of Being, Relating, and Belonging using evidence-based practices to enhance wellbeing and create meaningful relationships in all areas of life.



Elevate Your Game

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Private tennis, pickleball, and padel classes

Whether you're a beginner or looking to enhance your skills, our expert instructors guide you with care and intention against the backdrop of our breathtaking natural setting.



For One Person: \$275 USD

For Two People: \$357 USD

For Three People: \$412 USD

For Four People: \$467 USD

Court Rental (Tennis, Pickleball, Padel): \$192 USD

FOR GROUPS LARGER THAN FOUR, WE KINDLY ASK YOU
TO RESERVE ADDITIONAL COURTS.

RESERVATIONS:

senseiatzadun.com

Phone: +52 624.173.9906

experience.sensei@ritzcarlton.com

ELEVATE YOUR GAME

Payments will not be settled at the venue. Charges will be conveniently applied to your room. Prices include taxes, transportation, and the use of necessary equipment for your game. Service charge does not apply to classes or court rental fees.

Better Together

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Collaboration & Connection Retreat

Sample Itinerary

Step away from the everyday and into a setting designed to prioritize connection and clarity. This experience fosters deep collaboration through goal-setting and shared challenges. With space to reflect, build unity, celebrate accomplishments, and strengthen resilience, you'll return to daily life inspired and aligned.



Day 1

Arrival & Check In

Our Intention Set the foundation for your experience with a guided session to cultivate connection and define your intentions

Day 2

Breakfast at Leisure

Group Hike

Sleep 1:1 Uncover what is impacting your sleep and learn data-informed techniques to reclaim peaceful slumber

Attuned Awareness Develop focused attention through a mindfulness practice guided by sound

Day 3

The Adaptive Edge Enrichment Workshop

Massage Preferred Massage

Mindfulness for Everyday Learn how to bring mindful awareness to your inner experiences to enrich your life, help you navigate challenges, and find peace

Day 4

Mindset 1:1 with Biomarkers Learn how to influence your own heart rate variability and manage stress through breathwork and guided imagery

Functional Fascia Invite a greater sense of ease to your body through breathing, relaxation, and self-massage

Day 5

Our Plan A concluding group session invites you to identify the practices that resonated with you and learn how to apply them to daily life

Departure

Friends & Family Retreat Sample Itinerary

Whether celebrating a milestone or simply reconnecting with family, strengthen the bonds that matter most in a setting designed to deepen relationships. Through supportive practices like Group Mindset sessions and workshops centered around gratitude and joy, you'll discover new ways to grow together.



Day 1

Arrival & Check In

Our Intention Set the foundation for your experience with a guided session to cultivate connection and define your intentions

Day 2

Minimalist Resistance Training Optimize your workout in this full-body session using minimal equipment to develop strength, balance, flexibility, and core stabilization

Effective Connections Enrichment Workshop

Day 3

Yoga 1:1 Expand your knowledge of yoga postures, breathwork, and alignment

Sound Journey Embrace the sounds of resonant gongs, wave drums, and singing bowls in our immersive sound class

Day 4

Fitness 1:1 with Biomarkers Discover the efficiency of your cardiovascular and metabolic system through a VO2 max assessment on a treadmill

Open Sky Meditation Guided meditation which aims to help you tap into the expanse of the sky

Better Bites Insight Session: Reimagine your favorite dishes through a wellness lens, transforming them into equally delicious yet nutritionally superior creations

Day 5

Our Plan A concluding group session invites you to identify the practices that resonated with you and learn how to apply them to daily life

Departure

Insight & Intention

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Wellbeing Retreat Sample Itinerary

Awaken self-discovery and deepen personal knowledge in an experience tailored to your wellbeing interests. Whether you're seeking adventure or looking to dig deeper into stillness, you'll embrace moments of mindful exploration, reconnecting with your wellbeing and uncovering shared pathways for enduring balance.



Day 1

Arrival & Check In

Our Intention Set the foundation for your experience with a guided session to cultivate connection and define your intentions

Day 2

Mindset 1:1 Identify thought patterns, learn to manage stress and deepen your mental resilience

Massage Preferred Massage

Well for Life Insight Session: Discover how optimal nutrition, protein intake, and other wellness practices evolve to support your body's changing needs at every stage of life

Day 3

Strength Circuit Fitness Activity

Nutrition 1:1 with Biomarkers An informative and inspiring nutrition session using your health data to empower your future habits

Freeing Yourself from Limiting Beliefs This mindfulness class provides tools to help let go and dissolve limitations for a greater sense of freedom and renewed perspective

Day 4

Sensory Eating Learn to harness all five senses to still the mind, spark gratitude and prepare for nourishment

Inner Council Enrichment Workshop

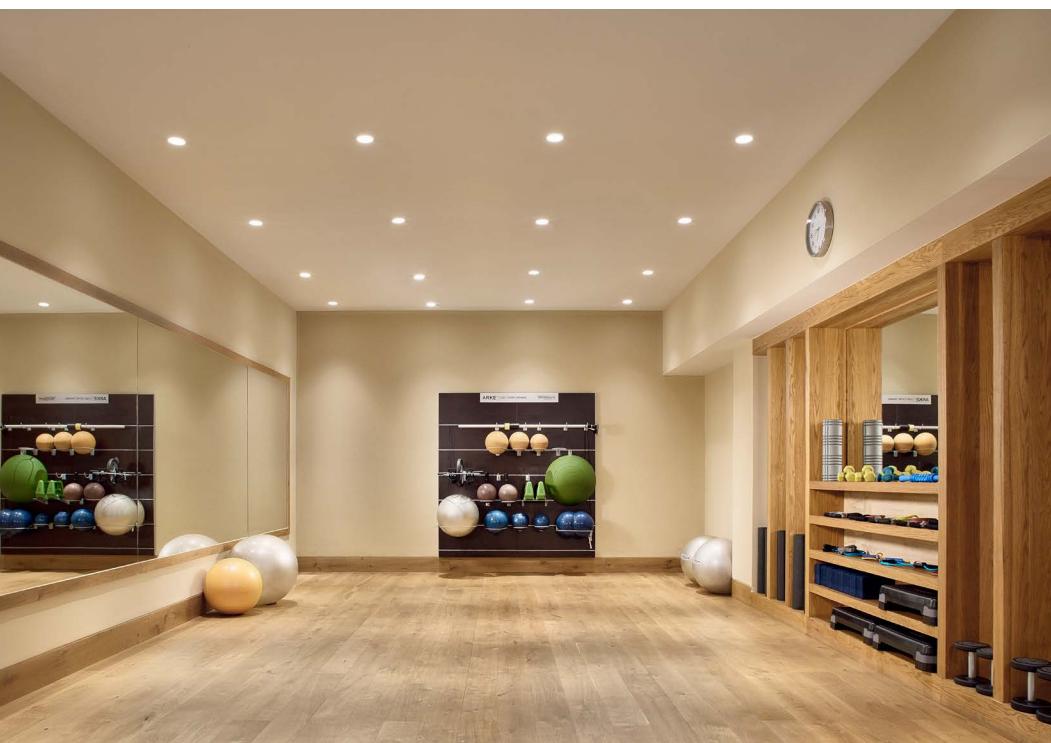
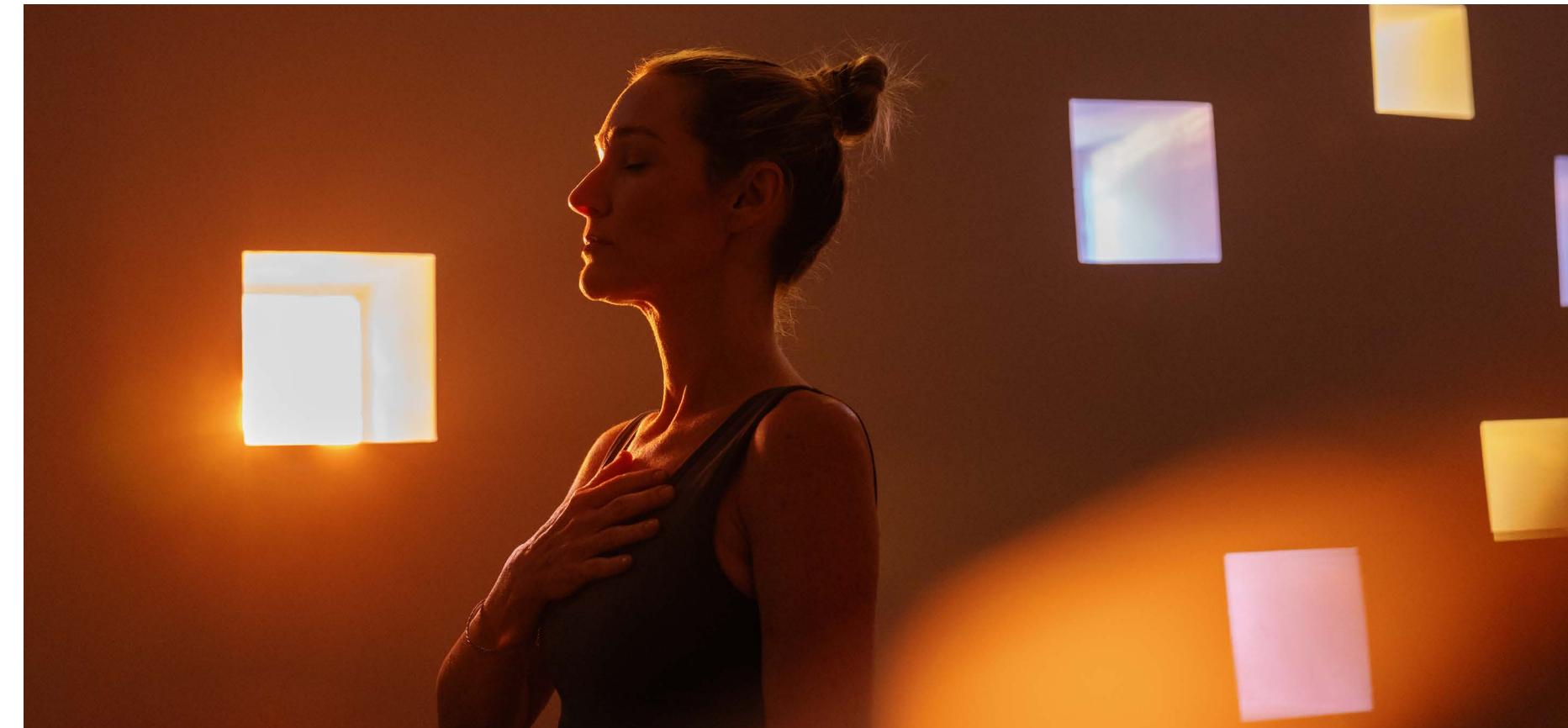
Day 5

Our Plan A concluding group session invites you to identify the practices that resonated with you and learn how to apply them to daily life

Departure

Optimized Sports Performance

Refine your game from the inside out with personalized sessions in fitness, mindset, and nutrition—each designed to elevate your golf or tennis performance.

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Fitness 1:1

Examine your movement patterns and overall mind-body connection, then build a fitness routine that promotes improved strength, flexibility, and endurance.

60 minutes per session - \$313 USD

Mindset 1:1

Understand the role your mind plays in your game. Develop tools to stay focused, present, and confident—making your mind your greatest ally.

Nutrition 1:1

Fuel your body for peak sports performance and recovery. Learn how nutrition can boost energy and optimize your sports performance.

RESERVATIONS:

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Price List

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15 Services: 5% discount

16 to 30 Services: 10% discount

More than 31 Services: 15% discount

Service	Duration	USD
Wellness Consultations	60 min	225
Wellness Consultations with Biomarkers	60 min	325
Massage	60 min	325
Massage	90 min	405
Massage	120 min	515
Facial	60 min	380
Facial	90 min	495
Regular Manicure <i>(does not include gel removal or gel application)</i>	60 min	115
Regular Pedicure <i>(does not include gel removal or gel application)</i>	60 min	135
Blowout	90 min	150

Taxes are included. A 15% service charge is not included.

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Sensei at Zadún,
a Ritz-Carlton Reserve
Boulevard Mar de Cortez,
San Jose del Cabo,
Baja California Sur,
Mexico, 23403

Package Reservations: 624.173.9906
Spa: +52 624.173.9900
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