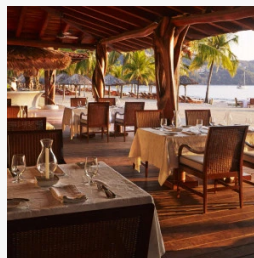
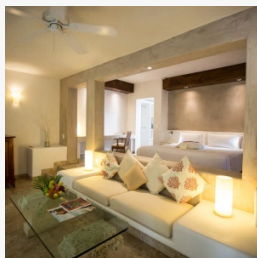
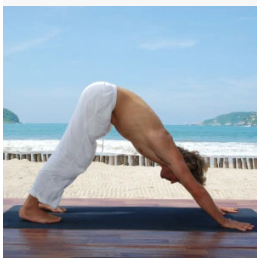


Way to Wellness' Week at Viceroy Zihuatanejo Features Seminars by Wellness Pioneer Dr. Taub

BY ROBB REPORT STAFF ON AUGUST 26, 2016



Viceroy Zihuatanejo is offering a special Thanksgiving Week session of the 'Way to Wellness' – a multi-faceted program to create happiness, health and wellness while on vacation – with signature seminars by Edward A. Taub, M.D., the wellness pioneer and leading authority of the discipline who developed the resort's precedent-setting program. Dr. Taub's lectures will take place on Nov. 22, 25 and 26, and are offered on a complimentary basis to all guests. The Way to Wellness at Viceroy Zihuatanejo helps guests manage

stress by guiding them to happiness, health and wellness via a more active, vibrant and rewarding lifestyle. The components of the program are mindful meditation, healing spa treatments, hatha and aqua yoga, exercise, sports and beach activities, along with cooking classes and healthy cuisine that emphasizes fresh fruits, vegetables and fish – served with spectacular sunsets, candlelight dining and uplifting music by the beach. Each component helps pave the way to wellness. A special “Way to Wellness” package starts at \$425 per night for two people with accommodations in a newly renovated, luxuriously appointed Deluxe Room. Price excludes tax and service. Included are Continental breakfast daily and a choice of two of the following activities each day: yoga and meditation, aqua yoga, standup paddle board, standup paddle board yoga, surfing classes, water sports including kayaking, canoeing, sailing a Hobie Cat and windsurfing, canoe excursions, tennis, spa treatments and healthy cooking classes. For more information and reservations: toll-free 866-905-9560, A key to the success of Way to Wellness is nitric oxide, an odorless gas molecule found everywhere in our body. Dr. Taub is the co-author of the best-selling book “The Wellness Solution” with Dr. Ferid Murad, who won the Nobel Prize in Medicine for discovering that nitric oxide is our body’s “signaling” molecule that determines whether we stay healthy –or not. “The best way to stimulate nitric oxide production in our bodies is to follow the components of the **‘Way to Wellness’** program at Viceroy Zihuatanejo,” explained Dr. Taub. Viceroy Zihuatanejo is the perfect venue for Way to Wellness because of the chic resort’s emphasis on a healthy, vibrant lifestyle, combined with the unsurpassed skills and training of the Viceroy staff who conduct, teach and direct the many activities and classes offered. Dr. Taub coordinates with key staff members – including the executive chef, yoga and meditation instructors and spa therapists – to certify them as wellness practitioners under the auspices of his Wellness Medical Institute. He visits Viceroy Zihuatanejo periodically to personally conduct seminars and give lectures to help guests attain health, happiness and wellness. At Viceroy Zihuatanejo, wellness is a lifestyle: – The exquisite cuisine is prepared with the freshest, natural, locally produced ingredients, and there are full vegetarian and vegan menus. – A full array of water sports is offered from surfing, paddle boarding, windsurfing, sailing and water-skiing to snorkeling, kayaking and scuba diving. – The location is along a pristine coastline with miles of white-sand beach for swimming in the warm water and taking long walks or runs. – Guests can choose from an array of beneficial classes, including yoga, paddle board yoga, Tai Chi, mindful meditation and alternative medicine, as well as hands-on cooking classes that feature shopping for fresh ingredients in the town’s central market. – Guests can work out in the air-conditioned fitness center, play tennis and swim in three pools.