FACES & WHALES

A Face Reading & Whale Watching Experience

DESIGN MEDICINE
INTEGRATIVE MEDICINE
Dr. Ana Cecilia Nieves

February 4–7, 2027
| 4 days & 3 nights

PAY

Bahía de Banderas, Nayarit, Mexico, Los Picos Hotel & Suites • Bucerías

Reservations & inquiries +52 55 2191 8026 (text only) info@designmedicine.org

Discover the stories held in a face and the wonder of whales in the wild.

Four days of ocean exploration and self-discovery, combining 12 hours of whale-watching excursions with six hours of practical Face Reading instruction over two days.

Our whale-watching team has been setting out on ocean adventures since 1990. Every year, humpback whales travel thousands of kilometers from northern waters to Mexico to complete their reproductive cycle. Sunrise and sunset outings offer quieter hours on the water, with possible sightings of dolphins, sea turtles, manta rays, and even orcas.

YOUR PACKAGE

USD $2,199 *
PER PERSON
(8.7% payment processing fee applies)

***Single ocupanccy supplement**
USD $300 per person, please contact me.

February 4–7, 2027

INCLUDED

- Round-trip ground transportation between the airport and hotel.
- Three nights of accommodation in a double room ocupanccy *
- 12 hours of excursions aboard authorized boats.
- 6 hours of Face Reading instruction, with guided exercises and partner practice.
- Light refreshments.
- Equipment and guidance from expedition advisors.

WHALE EXPEDITION
Guided by a biologist with 38 years of experience.

FACE READING
Dr. Ana Cecilia Nieves
Integrative Medicine

You will never forget the day you saw your first whale.

THE PROGRAM

Explore. Observe. Connect.

Four days at the ocean · Two days of Face Reading · Four whale excursions

EXPEDITION ITINERARY

THU FEB 4 · Arrival

From 5:00 p.m. Hotel check-in, subject to confirmation.
Afternoon at leisure.
7:00 p.m. Welcome gathering and program overview.
Evening Dinner at leisure.

FRI FEB 5 · Foundations & sunset

8:00 a.m. Breakfast.
10:00 a.m.–1:00 p.m. Face Reading · Day 1.
1:00–3:00 p.m. Lunch and relaxation.
3:30 p.m. Expedition briefing and boat groups.
4:30–7:30 p.m. First Sunset Whales excursion.
7:30 p.m. Return to La Cruz de Huanacaxtle dock.
Dinner at leisure afterward.

SAT FEB 6 · Sunrise to sunset

6:30 a.m. Light refreshments.
7:00 10:00 a.m. Early Morning Whales excursion.
10:00–11:00 a.m. Return, breakfast, and time to refresh.
11:00 a.m. 2:00 p.m. Face Reading · Day 2.
2:00–3:00 p.m. Lunch break.
3:00–4:00 p.m. Interactive marine mammal talk.
4:00–4:30 p.m. Prepare for the excursion.
4:30–7:30 p.m. Second Sunset Whales excursion.
7:30 p.m. Return to the dock. Dinner at leisure afterward.

SUN FEB 7 · A final morning at sea
6:30 a.m. Light refreshments.
7:00–10:00 a.m. Early Morning Whales II excursion.
10:00 a.m. Return to the dock; expedition ends.
Afterward Farewell breakfast, closing reflections, and individual departures.

PRACTICAL FACE READING

A Two-Day Exploration of Shen, Qi & Jing
6 hours of instruction · 3 hours per day

DAY 1 · Foundations & the Three Treasures
Friday · 10:00 a.m.–1:00 p.m.

The Art of Observing the Face
Chinese medicine, the Five Elements, facial regions, and mindful observation.

Shen · Spirit & Presence
Explore the eyes, expression, and presence through the traditional lens of Shen.

Qi · Vitality & Expression
Observe facial movement, expression, and complexion within the traditional framework of Qi.

Guided Practice
Mirror exercises and paired observation to distinguish observation from interpretation.

DAY 2 · Constitution & Practical Integration
Saturday · 11:00 a.m.–2:00 p.m.

Jing · Essence & Constitution
Facial structure, proportions, and constitutional tendencies through the traditional lens of Jing.

The Five Elements in the Face
Wood, Fire, Earth, Metal, and Water: traditional associations with facial shapes and expression.

Bringing Shen, Qi & Jing Together
Integrate structure, vitality, and presence into a thoughtful face-reading practice.

Hands-On Face Reading
Partner practice, case discussions, and applications for self-awareness and communication.

Face Reading is presented as a traditional practice for reflection and observation, rather than a medical or psychological assessment. Boat schedules depend on weather and sea conditions; wildlife sightings are unpredictable. Meal times appear in the itinerary; package inclusions are listed .

Rates and package inclusions
USD $2,199 per person *

*An 8.7% payment processing fee applies.
Airfare is not included

Arrival airport: Puerto Vallarta International Airport (PVR)
Please arrange your flight to arrive no later than 4 pm on February 4, 2027, to allow time for immigration, baggage claim, and the scheduled transfer to Los Picos Hotel.

The hotel is approximately 30-45minutes from Puerto Vallarta International Airport, depending on traffic.