LUXE LIVING

The best way to travel

WELLNESS & SLOW LIVING

A curated guide around MIXA, Patio Bonito & Provenza

Calm mornings. Great coffee. Movement. Healthy food. Time to slow down.

WELLNESS & SLOW LIVING

Medellín is known for its energy, mountains and nightlife, but El Poblado also has a slower side: calm mornings, great coffee, movement, healthy food and spaces designed to help you disconnect.

Because we live and host here, we've kept this guide intentionally small and highly curated.

Everything below is designed to complement your stay in our loft — starting with the wellness experiences inside MIXA, and then a few carefully selected places nearby.

The view from MIXA — one of the reasons we love this part of El Poblado.

INSIDE MIXA

1. YOGALAB

Yoga & Pilates studio · Inside MIXA (paid classes with instructor)

You don't need to leave the building to start your wellness routine.

YOGALAB is located inside MIXA in a converted apartment turned into a dedicated yoga and Pilates studio. Classes are guided by professional instructors and are focused on structured practice.

This is a paid experience, and it is the most complete option if you want a guided session with proper technique and instruction.

Perfect for: structured yoga, Pilates, guided movement, improving technique and deeper practice.

As our guest, you can receive an exclusive discount on selected classes. Ask us after booking for the current code and schedule.

Our favorite ritual: Morning class at YOGALAB → NEWO Café → back to the loft → coffee on your private balcony.

YOGALAB is located at MIXA, Carrera 43E #5-106.

CYGNUS WELLNESS HOUSE

Pilates & mindful movement · Across from the MIXA lobby

Just steps from MIXA?s lobby, Cygnus Wellness House offers a convenient way to make movement part of your stay.

Explore Pilates and mindful movement in a dedicated wellness space. Check the studio?s website for current classes, schedules, availability and bookings.

Perfect for: a focused movement session, keeping up your routine, or adding a moment of wellbeing to your day.

Website: www.cygnuspilates.com

2. NEWO Café

Coffee, breakfast & slow mornings · Inside MIXA

One of the best parts of staying at MIXA is having a great café inside the same building.

NEWO Café is located within the coworking and office ecosystem of MIXA, but you can access the café without using the coworking space.

If you only want to visit the café, simply go to reception and say you are going to NEWO Café only. They will guide you directly.

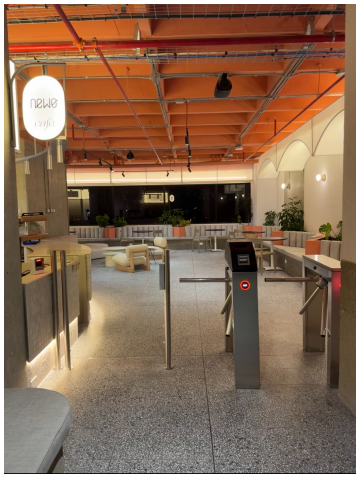
It’s perfect for a slow morning, a light breakfast, coffee, or a quiet change of environment without leaving the building.

The atmosphere is modern, calm and design-focused — a natural extension of the loft’s slow-living experience.

Perfect for: coffee, breakfast, light work, slow mornings.

Our favorite ritual: Wake up → elevator down → NEWO Café → back to the loft → balcony coffee time.

NEWO is part of the same MIXA ecosystem, which integrates residential, coworking and commercial spaces in one place.



NEWO Café is part of the same MIXA ecosystem.

3. MIXA ROOFTOP

SkyPool, yoga, Pilates & bodyweight movement · Free access

The rooftop is one of the most important wellness spaces in the building and is free for guests.

It includes:
• A small SkyPool for cooling off and relaxing
• A bodyweight movement area (yoga, stretching, Pilates-style exercises)
• Open space for meditation and breathing
• Fire pit area for evenings

The SkyPool is designed for relaxing, cooling off and enjoying the view, while the rest of the rooftop is ideal for gentle movement, stretching, sun exposure in the morning and quiet time.

Perfect for: stretching, meditation, light exercise, relaxation, morning sun.

MIXA rooftop: movement, fresh air, views and a place to unwind.

HEALTHY BREAKFAST & FRESH FOOD

4. Betty’s Bowls

Healthy breakfast & bowls · El Poblado

When you want a truly health-focused breakfast, Betty’s Bowls is one of our favorite nearby options.

Their concept is centered on conscious, healthy food with smoothie bowls, breakfasts and brunch options, including vegetarian, vegan and gluten-free choices.

It’s especially good after a workout or when you want something fresh and nourishing.

Perfect for: smoothie bowls, healthy breakfast, brunch, post-workout meals.

Located at Carrera 32D #7A-77 in El Poblado.

5. Batido

Smoothies & light breakfast · Parque del Poblado

For something simple, fresh and easy, Batido is a great nearby option.

The focus is on smoothies, fresh fruit-based preparations and light meals.

Its location near Parque del Poblado makes it easy to combine with a walk through the neighborhood.

Perfect for: smoothies, light breakfast, fresh drinks, quick healthy stop.

COFFEE & SLOW MORNINGS

6. Pergamino Coffee — Vía Primavera

Colombian specialty coffee

If you want to experience Colombian coffee culture outside the apartment, Pergamino is one of the best nearby options.

The Vía Primavera location was their first café and combines specialty coffee with a terrace and a small reading area.

It’s a great place to slow down, read, or enjoy a properly prepared cup of Colombian coffee.

Perfect for: specialty coffee, reading, slow mornings, relaxed afternoons.

Location: Carrera 37 #8A-37, Vía Primavera.

WELLNESS & RECOVERY

7. MAHAI Wellness & Spa

Massage & relaxation · Provenza

When you want deeper recovery, MAHAI is one of our preferred spa options nearby.

It is a modern urban spa focused on massages, facials and relaxation treatments in a calm, well-designed environment.

Perfect for: massages, couples treatments, facial care, relaxation.

Location: Carrera 36 #8A-46, second floor, El Poblado.

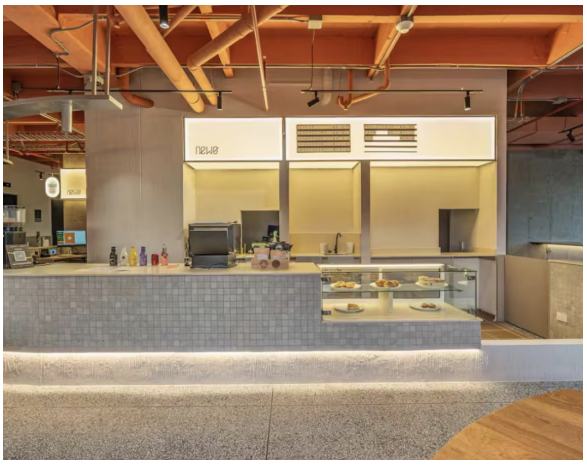
8. Element Wellness Center

Spa & recovery · El Poblado

Another nearby option for a more complete wellness experience.

Element offers a dedicated spa environment and is easy to combine with a day around Provenza.

Perfect for: spa treatments, full relaxation, recovery days.



A quiet coffee stop without leaving MIXA.

A FEW OF OUR FAVORITE ROUTINES

THE SLOW MORNING

Yoga or Pilates at YOGALAB (inside MIXA)

9:00 AM
NEWO Café for coffee and breakfast

10:00 AM
Back to the loft → balcony coffee (morning light)

11:00 AM
Walk through Patio Bonito and Provenza

THE WELLNESS RESET

Start with a YOGALAB class
Breakfast at NEWO Café or Betty's Bowls
Walk through El Poblado
Massage at MAHAI
Return to the loft
Private jacuzzi + music + low lights
End the day in total relaxation

THE "STAY IN MIXA" DAY

Coffee at NEWO Café
Bodyweight movement or yoga on the rooftop
Relax at the SkyPool
Lunch inside or nearby
Afternoon rest in the loft
Private jacuzzi session
Evening wind-down in the city lights

Private jacuzzi in the loft.

WHY WE LOVE PATIO BONITO

One of the reasons we chose this location is that you can experience a lot of Medellín without spending your time in traffic.

MIXA brings together wellness, coffee, food, coworking and relaxation in one place.

And when you feel like exploring, Patio Bonito and Provenza are just outside your door — with tree-lined streets, cafés, restaurants and some of the best local experiences in the city.

Move your body.
Eat well.
Drink great Colombian coffee.
Walk everywhere you can.
Slow down.

And when you're ready to recharge, come home to the loft.

Your private jacuzzi, quiet space, and mountain views will be waiting for you.