

Luminaries in Bloom



WELLNESS

A year-long journey of holistic wellbeing guided by visiting luminaries, nurturing body, mind and spirit while opening space for inner balance, restoration and gentle renewal.



28 – 29 MARCH

SANCTUM

Mindful Movement

A music-led movement experience where breath, rhythm and intention come together to awaken energy, expand awareness and create a powerful sense of release, with the sessions *Re-birth You* and *The Power of Now*.



APRIL

ORSI FEHER

Holistic Floating Experience

Led by yoga teacher, physiotherapist and Ayurvedic therapist Orsi Feher, this gentle experience supports nervous system regulation through slow movement and mindful presence, followed by a restorative floating session in the pool with quartz crystal bowls and overtone singing by Camilla.



MAY

DAVID SEED

Breathwork, Meditation and Cold Therapy

A transformative mind-body journey combining conscious breathwork, invigorating cold exposure and focused meditation to build resilience, sharpen mental clarity and awaken a renewed sense of vitality.



20 – 21 JUNE

SANCTUM &

INTELLIGENT CHANGE

San Juan Festival

Sanctum returns to celebrate the arrival of summer with immersive mindful movement and shared intention, through the practices *Surrender and Dive In* and *You Are the Medicine*. Joining this edition is Intelligent Change with its *Mindful Affirmation Cards*, offering a simple ritual to cultivate confidence, clarity and calm.



JULY, AUGUST, SEPTEMBER

COCO MARUNO

Holistic Healing

Drawing on a decade of Zen training in Japan, Coco Maruno shares Kundalini yoga, meditation and energy healing practices that help restore balance, vitality and the natural flow of life force energy.



7 – 16 AUGUST

PABLO OLABE

Water as Medicine

Through specialised aquatic physiotherapy and thalasso-based techniques, Pablo Olabe works with the natural healing power of water to release tension, improve mobility and bring the body back into balance.



1 – 15 OCTOBER

SAAFI O'NEILL

Astrologer, Transformational Guide & Human Design

Personal insight sessions blending astrology and Human Design to explore life's turning points, offering fresh perspective and thoughtful guidance through moments of change. A quiet, reflective space to step back, realign and reconnect with your path.



31 OCTOBER
1 NOVEMBER

SANCTUM

Mindful Movement

The final Sanctum gathering of the year, featuring *From Breakdown to Breakthrough* and *The Art of Presence*, two immersive practices exploring release, resilience and transformation.



NOVEMBER

SARA CARLING

Mind-Body Education

Inspired by the ancient practice of Qigong, slow flowing movements and conscious breathing help awaken vital energy, release tension and restore a sense of ease in body and mind.



15 – 31 DECEMBER

VIKTORIJA GRIGE

Facial Sculpting Therapy

A rejuvenating facial ritual combining reconstructive and myofascial massage to sculpt, tone and renew the skin while releasing deep facial tension. Circulation and energy flow are awakened, revealing smoother, brighter and beautifully balanced skin.

For booking, call (+34) 952 82 22 11 or email: wellness@marbellaclub.com