
KUNDALINI EXPRESS

It helps reduce anxiety, depression, fear, fatigue, anger and sadness and makes you feel happier, more positive and energetic.

30 min. EUR 195

Additional person 30 min. EUR 100

KUNDALINI MEDITATION

Active meditation using various techniques to move energy up through the 7 chakras.

40 min. EUR 195 **60 min.** EUR 250

Additional person 40 min. EUR 100

60 min. EUR 130

MOTHER TO BE

PRENATAL KUNDALINI YOGA & MEDITATION

Embrace your pregnancy as a stimulant for radiant health, well-being, and transformation.

40 min. EUR 195 **60 min.** EUR 250

Additional person 40 min. EUR 100

60 min. EUR 130

PRENATAL REIKI THERAPY

Through calming and relaxing effects of REIKI helps create a loving and balanced space for the baby to grow.

60 min. EUR 295



*Rejuvenate your mind,
body and soul*

with **Coco Maruno**
International Holistic Healer

VAT included / Lessons in English
Call (+34) 952 82 22 11 or email: wellness@marbellaclub.com

COCO RYOKO MARUNO

Coco is an international holistic healer who studied with a higher Zen monk in Japan for a decade before traveling the world to share the sacred science of Kundalini Yoga and meditation. She helps others to achieve transformational growth, inner peace, improved health, radiance, and beauty.

Coco offers life-transforming energy healing therapy and Yogic practices that establishes your “energy body” channels creating full flow and balance in your prana and life force energy.



RITUAL

THE DE-STRESS & UNWIND RITUAL

With Gold Tibetan bowls

An all-encompassing stress-reducing treatment featuring Tibetan sound healing therapy and a gold Tibetan bowls massage promotes relaxation, relieves stress, anxiety, and depression, leaving you feeling delightfully unwound.

105 min. EUR 495

THE DETOXIFYING & IMMUNE BOOSTING RITUAL

Indulge in a stimulating and purifying ritual featuring a Tibetan Singing bowls massage, Kundalini Chakra Massage, and sacred hara massage for a truly holistic experience that eliminates toxins, purifies emotions, and cleanses chakras.

105 min. EUR 495

THE ENERGY HEALING RITUAL

Harness the power of Energy Healing with Tibetan Sound therapy, Kundalini chakra massage, and soothing REIKI therapy for holistic renewal and tranquility.

120 min. EUR 615

UNIQUE EXPERIENCE

Coco's Signature therapy

THE ULTIMATE ENERGY HEALING

Ancient energy therapy such as Reiki that combines various healing techniques to clear blockages, release old patterns and promote emotional well-being.

40 min. EUR 295 **60 min.** EUR 365
90 min. EUR 550 **120 min.** EUR 615

TIBETAN SOUND HEALING THERAPY

Ancient sound healing regenerates and relaxes the brain, relieving stress and improving sleep for mental clarity and inner peace.

15 min. EUR 150 **30 min.** EUR 195
45 min. EUR 225 **60 min.** EUR 275

For couples: 30 min. EUR 295
45 min. EUR 365 **60 min.** EUR 425

HARA ACTIVATION

SACRED INTERNAL ORGANS HARA MASSAGE

Coco's Hara Massage combines Japanese shiatsu and acupressure to eliminate gas, energy blockages and past emotions, promoting weight loss, relaxation and digestive and hormonal balance.

15 min. EUR 150 **30 min.** EUR 295

SACRED WOMB HARA HEALING MASSAGE

Unique therapy that releases stagnant energy and emotions in the uterus, improving circulation, hormonal balance and support during menopause, while boosting creative energy and empowering women.

15 min. EUR 150 **30 min.** EUR 295

REIKI

SELF-REIKI HEALING PRACTICE

Learn how to place your self-healing hands and reap the benefits of this therapy at home.

60 min. EUR 250

Additional person 30 min. EUR 130

REIKI

Japanese healing that enhances the body's self-repair, bringing serenity and well-being.

60 min. EUR 295

YOGA & MINDFULNESS

DISCOVER KUNDALINI YOGA

Ancestral practice that helps you to channel your energy centres and transform your life.

Online follow up support 1 week EUR 150
30 min. EUR 195 **60 min.** EUR 250

Additional person 30 min. EUR 100
60 min. EUR 130