



WELLNESS

# COMMUNAL WELLNESS & SELF-CARE WEEKEND

7<sup>th</sup> & 8<sup>th</sup> October

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*Join Sanctum founder, Luuk Melisse for a weekend of conscious movement sequences to help you reach mindful euphoria and increased connectedness with the Marbella Club's garden and sea surroundings as your backdrop.*

## SATURDAY 7TH OCTOBER

### SUNSET SPECIAL | The Law of Vibrations

6:30-7PM Walk-ins & Registration

7 - 8PM Session on the Beach Platform

*Meeting point: Beach Club parking*

## SUNDAY 8TH OCTOBER

### MINDFUL BEACH HIKE | Accepting Nature

9:30-10AM Walk-ins & Registration

10 - 11AM Beach Walk and Workout

*Meeting point: Hotel entrance*

IN PARTNERSHIP WITH SANCTUM

*Limited spaces available. Tickets include: live DJ sessions, healthy drinks and snacks.*

55 € pp per session

To book: (+34) 952 82 22 11 [wellness@marbellaclub.com](mailto:wellness@marbellaclub.com)