



IVANA GLIGORIC

Meaningful Conversations

at the Seasonal Garden

4TH NOVEMBER AT 12PM

Tips for Reducing Burnout

Anxious? Burnt-out? We will address social, physical, and emotional health to support you on your life journey.

18TH NOVEMBER AT 12PM

Healing Mind & Body

Identify internal and external factors which are creating stress in your daily life. Explore how to improve your emotional, social, and spiritual health and how to build resiliency.

25TH NOVEMBER AT 12PM

Emotional Healing

Learn to manage your emotions, control negative thoughts, and solve problems. Improve your overall health and the way you deal with stress.

EVERY WEDNESDAY AT 5PM

Yoga Nidra Sessions at the Holistic Studio

When we are not in tune with our physical body, we may experience a sense of being ungrounded or unstable. Experience a unique ancient practice of deep relaxation with our advisor Ivana Gligoric.

Amenities, selected drinks, and healthy snack included.

Complimentary for hotel guests | **External guests 40€EUR p.p. VAT inc.**

Talks in English · 48 hours pre-booking necessary. We reserve the right to cancel the talk should there be no reservations 24 hours prior to the event date.

Para reservar / *To book:*

+34 952 82 22 11 · wellness@marbellaclub.com