

Luminaries in Bloom



WELLNESS

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



29TH – 30TH MARCH

SANCTUM

Mindful Movement

Immersive mindful movement designed to unearth your potential, expand your mind, and reach mindful euphoria. Featuring *The Art of Letting Go and Reconnection Within, Between & Beyond*.



5TH – 20TH APRIL

PABLO OLABE

Water as Medicine

Pablo's signature aquatic therapies use the healing power of water to calm the mind, unlock fluidity, and restore natural alignment from the inside out.



MAY

ANTONIA PILBROW

The Dance of Life

A blend of yoga, breathwork and somatic practices that ease the nervous system, soften inner resistance and reconnect you with your own rhythm.



21ST – 22ND JUNE

SANCTUM

San Juan Festival

Sanctum returns with nature-immersive mindful movement sequences to welcome the summer, deepen connection, and move with collective energy and shared intention. Featuring *From Breakdown to Breakthrough* and *We Are One – We Are Whole*.



JULY, AUGUST,
SEPTEMBER

COCO MARUNO

Holistic Healing

Rooted in Zen tradition and Kundalini yoga, Coco's energy healing sessions help dissolve blocks and restore clarity, flow and emotional balance.



OCTOBER

VIKTORIJA GRIGE

Kobido Facial Therapy

Facial treatments that combine Kobido and myofascial techniques to sculpt, tone and renew while releasing tension and revitalising the skin's natural glow.



8TH – 9TH NOVEMBER

SANCTUM

Mindful Movement

The final session of the year with the mindful movement gurus, featuring *Choosing Yourself* and *Community of Acceptance*—two practices that challenge you to reconnect with your true self, embrace authenticity, and energise both body and mind.



1ST – 15TH DECEMBER

ALEXANDRA

DEMOLLING

Human Design

Through Human Design, Alexandra decodes energetic blueprints, offering self-awareness, self-acceptance, emotional balance, and guidance to make aligned, authentic choices.

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