

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. She helps you to move the blocked energy in your body caused by stress and emotion, so that your body feels refreshed and your heart feels happy.

ESTABLISH YOUR ENERGY SYSTEM

Life Changing Habits

DISCOVER KUNDALINI YOGA

You will learn how to open energy channels, move blocks, reduce anxiety and stress, sync to your inner awareness and shift on your own.

30 min. EUR 150 | **60 min.** EUR 225 | **90 min.** EUR 285

Additional person per session: 30 min. EUR 75 | 60 min. EUR 115 | 90 min. EUR 145

One week online follow up support: EUR 150

MEDITATION FOR BUSY PEOPLE.

Declutter your mind, balance your life and wellbeing.

A simple fast way to manage your stress and anxiety, reducing negative emotions. Create more space for creativity, and increases your focus and energy.

75 min. EUR 225 **Additional person per session:** EUR 115

One week online follow up support: EUR 150

YOGA & MEDITATION FOR KIDS

Helps children manage their anxiety, enhances concentration, increase body awareness and mindfulness.

45 min. EUR 135 **Additional child per session:** EUR 75 | Parents are welcome to join complimentary

FACE YOGA ROUTINE. Sculpt your face.

Facial exercise can impact our health and good moods. The face needs to be exercised in the same way we exercise our body. There is a facial workout, acupressure and simple massage along with Laughter yoga.

30 min. EUR 150 | **60 min.** EUR 225 | **90 min.** EUR 285

Additional person per session: 30 min. EUR 75 | 60 min. EUR 115 | 90 min. EUR 145

REIKI. Self-healing practice.

A meditative practice that reduces stress and anxiety, and promotes positivity through gentle touch. Learn to place your self healing hands and take the benefits of this therapy home.

75 min. EUR 225 **Additional person per session:** EUR 115



*Rejuvenate your mind,
body and soul*

with **Coco Maruno**
International Holistic Healer

ENERGY THERAPY

The Essence of Health is Inner Balance

COCO'S SIGNATURE THERAPY: The ultimate energy healing.

Powerful energy healing empowered with supermoon energy Tibetan singing bowls and Reiki.

As a result, it strengthens 'Qi', the life force energy, relieves deep seated tensions and blockages and accelerates the natural healing process.

40 min. EUR 245 | **60 min.** EUR 345 (Full body) | **75 min.** EUR 395 (Full body)

REIKI

This Japanese form of energy healing accelerates the self-healing abilities of your body and will leave you a deep sense of calm, peace, and well-being.

60 min. EUR 249

SACRED INTERNAL ORGANS HARA MASSAGE

Releases tension, detoxifies organs, promotes digestive and hormonal balance. Emotional wounds are first gently exposed and then released, helping you to increase the flow and restore vital energy.

15 min. EUR 150 | **30 min.** EUR 235 | **45 min.** EUR 285 | **70 min.** EUR 345

SACRED WOMB HARA MASSAGE. Emotional healing and hormone balance focused.

Unique therapy that re-awakens and re-connects women to their womb space. It increases relaxation and blood circulation whilst decreasing stress.

15 min. EUR 150 | **30 min.** EUR 235 | **45 min.** EUR 285 | **70 min.** EUR 345

LIFE HEALING JOURNEY PROGRAMME

The purpose of this healing journey is to unblock and allow your total energy capacity to flow in your life. Coco guides you to a place of inner stillness where you can hear your own truth and know the first step you need toward making your dream, your hearts deepest hope become a living experience.

Includes energy healing therapy, Kundalini Yoga and meditation, breathing practices, sound healing, ayurveda and energy reading.

3 hours EUR 645

Monday - Friday at the Holistic Studio

5:30PM Complimentary classes with Coco
Yoga & Meditation, Self-Reiki Practice & Face Yoga

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