



IVANA GLIGORIC

# Meaningful Conversations

at the Seasonal Garden

9<sup>TH</sup> DECEMBER AT 12PM

## *Mental Wellbeing*

Learn how to boost your mental health through relaxing and empowering practices. Gain support on your journey to well-being and begin the New Year in the way you always dream about.

16<sup>TH</sup> DECEMBER AT 12PM

## *Tips for reducing burnout*

Anxious? Burnt-out? Gain insights on how to navigate well-being with guided practices for emotional and whole-body health and long-term resiliency.

23<sup>RD</sup> DECEMBER AT 12PM

## *Healing mind, body & spirit*

Discuss an initial action plan to deal with frustration, loss of control, difficulty relaxing, pessimism, and similar symptoms.

30<sup>TH</sup> DECEMBER AT 12PM

## *Spiritual journey for the new you*

Train your brain to sift through thoughts, fears, and self-limiting beliefs.

EVERY WEDNESDAY AT 5PM

## *Yoga Nidra sessions at the Holistic Studio*

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](mailto:wellness@marbellaclub.com)