

ANTONIA PILBROW

From an early age Antonia has lived and studied with many great Masters throughout Africa, South America and India, imbuing herself in and absorbing the depth and breadth of their teachings and traditions. She has integrated these approaches into her life and now, as a natural teacher, offers therapeutic healing bodywork, Yoga and Pranayama, Soma Breath work and Rapid Transformational Coaching.

Antonia harvests all her experience and challenge of life itself, weaving her wisdom into what she shares. In the palpably loving and nurturing atmosphere of her retreats and classes she guides us to listen and to trust what we discover inside, deepening our practices, so that what is found in the heart of us, each and all, can shine.

BESPOKE TREATMENTS

OPENING YOUR HEART YOGA

Expanding the heart area creates harmony and balance, our own yin and yang to the body. Backbends provide the alternative movement to counteract the effects of one-sided mobility, Opening the space around the heart physically supports us to be more emotionally receptive, compassionate, giving, loving, mentally and physically healthier. Infusing active Vinyasa flow with anchoring Yin Yoga this session will leave you feeling uplifted and serene.

60 min. EUR 250 | **90 min.** EUR 350

PRANAYAMA THE ART OF BREATHING

Beginning by learning how to breathe properly and efficiently you will then be guided through many ancient breath techniques from the ancient Pranayama traditions, exploring your breath capacity and strengthening the connection between your body and mind.

60 min. EUR 250

PRENATAL ATTUNEMENT

Antonia, mama of three, has created a healing and supportive session for your pregnancy, gaining insight and understanding of how to help yourself as your body changes. Learning techniques and methods to better sleep, feel healthy, soften anxiety, in all the uncertainties in this momentous moment in your life.

60 min. EUR 300 | **90 min.** EUR 395



Dance of Life

with Antonia Pilbrow

POSTBIRTH WISDOM

This session is designed to embrace and support woman together with their babies, allowing them to relax and enter into a mind body connection. We explore breath work, yoga asana and anything important they might want to personally inquire into and improve.

60 min. EUR 300 | **90 min.** EUR 395

BODY ENERGIZE

Revitalising, nourishing, deeply relaxing, stress releasing therapy combining Swedish and Ancient Thai massage, Aromatherapy, Reiki and Tibetan bowl Sound Healing

40 min. EUR 240 | **60 min.** EUR 300 | **90 min.** EUR 395

SOMA TRANSFORMATIONAL BREATH AND MEDITATION JOURNEY

SOMA breath is a powerful experience to connect to your body and subconscious mind. It is a sequence of ancient pranayama breath work techniques combined with euphoric brainwave music and guided inner sensing that awakens you to your full human potential. This reduces oxidative stress and increases heart and brain coherence which calms the nervous system reducing anxiety and stress.

90 min. EUR 360

DANCE OF LIFE JOURNEY

This transformational exploration combines a celebration of intuitive movement and self-inquiry, awakening a deeper connection with your body and creating mental peace, harmony, and inspiration. Including powerful breath healing and profound, deep meditative relaxation.

These are Antonia's greatest passions to guide you towards feeling more alive, whole, and free.

2 hours EUR 450 | **3 hours** EUR 600



WELLNESS

VAT included

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