

# 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.*

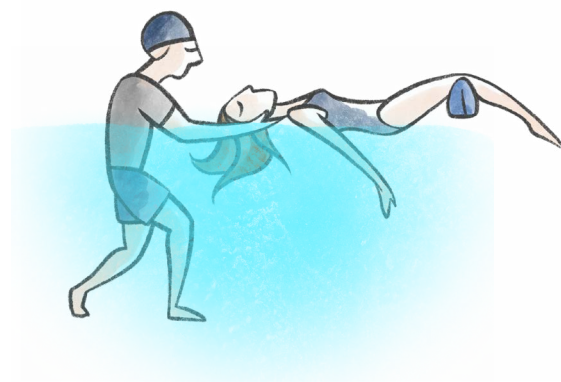


29<sup>TH</sup> – 30<sup>TH</sup> MARCH

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*.



5<sup>TH</sup> – 20<sup>TH</sup> 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.



21<sup>ST</sup> – 22<sup>ND</sup> 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.



15<sup>TH</sup> – 16<sup>TH</sup>  
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.



1<sup>ST</sup> – 10<sup>TH</sup> 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](mailto:wellness@marbellaclub.com)