
WOMEN'S HEALTH – HOW TO BALANCE YOUR HORMONES NATURALLY *

Dr. Marilyn Glenville, PhD

The UK's leading nutritionist specialising in women's health. A day seminar to explore how to increase your energy levels, eliminate mood swings, get rid of cravings, improve your memory, reduce anxiety and irritability, and lose weight without dieting.

Date: **Saturday, 24th March**
Duration: 9 AM - 2 PM / Price: 150 EUR

NUTRITION FOR MEN - GROWING OLDER AND HEALTHIER *

Ian Marber

One of the best-known and well-regarded nutrition experts in the UK, known for his practical and balanced approach.

Nutrition Masterclass focused specifically on men's Health. Various topics will be covered supported by the latest clinical research.

Date: **Saturday, 14th April**
Duration: 9:30 AM - 1 PM / Price: 150 EUR

PILATES MASTERCLASS FOR ATHLETES *

Ofie Dates

Ofie Dates is a member of BASI Pilates Faculty, a Certified Exercise Physiologist, and an Accredited Athletic Trainer.

Join her conference about developing specific muscles in order to improve your technique and participate on her Mat Masterclass to Build up your strength, precision, flexibility and resistance.

Date: **Saturday, 23rd June**
Duration: 5:30 PM - 7 PM / Price: 60 EUR



WELLNESS

Marbella Club Wellness Masterclasses 2018

Prices with VAT included · * Masterclass in English
Limited seating. Please confirm your attendance.

AT OUR HOLISTIC STUDIO

*For more information
and reservations please contact*

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

We reserve the right to cancel the events three days before the planned dates should the minimum number of participants not be reached.

A MIND MAKEOVER - TURNS YOUR DREAMS INTO REALITY! *

Sharron Lowe

"Sharron has the ability to coach people to go far beyond what they thought was possible and make their dreams of success their reality... and that is her enduring genius" Global Director Lancôme, L'Oreal.

This Masterclass will show you how to: Program your mind & thoughts for success, build confidence and self-belief, Stop negative influences, create a positive inner voice and goal plan to fast track results. This insightful day also includes a copy of her book. "The Mind Makeover".

Date: **Saturday, 30th June**
Duration: 10 AM - 1 PM / Price: 100 EUR

HEALTHY CUISINE - CULINARY EXPERIENCES *

Alan Wichert

Alan is passionate about healthy cooking, specialising in detox and raw diets. His particular style is influenced by various gastronomies, such as the Mediterranean, Japanese and Moroccan, amongst others.

Dates: **14th, 15th, 16th September**
Duration: 12 PM - 2 PM / Price: 60 EUR / Per Day

YOGA

Xuan Lan

Xuan Lan is a Spanish yoga celebrity and a certified vinyasa yoga teacher. She is the founder of the "Yogalan" method and author of multiple best-selling books. Enjoy a yoga lesson with Xuan Lan in an intimate setting, where you will improve your knowledge and technique. A holistic experience with healthy juices, organic treats and a small surprise.

Price includes the use of our Thalasso dynamic Seawater pool during the day.
Dates: **5th - 6th May / 14th - 15th July / 8th - 9th September / 3rd - 4th November**
Duration: 11:00 AM - 12:15 PM / Price: 60 EUR / Per Day
