

COCO RYOKO MARUNO

Coco studied with a higher Zen monk in Japan for a decade before travelling the world to share the sacred science of Kundalini yoga and meditation with professional sports stars, celebrities, business executives and high net worth individuals.

She harnesses her extensive knowledge of traditional healing practices and the sacred science of Kundalini yoga to help others achieve transformational growth, inner peace, improved health, radiance and beauty. Coco shares techniques to help her clients stay grounded and cope with challenges with a newfound sense of calm and self-confidence.

ENERGY THERAPY

COCO'S SIGNATURE THERAPY: THE ULTIMATE ENERGY HEALING

Powerful Reiki healing empowered with therapeutic/ medicinal grade essential oils from the plant kingdom and Full Moon Energy Tibetan Singing Bowls Sound Healing from a gift of the universe. As a result, it strengthens 'Qi', the life. Force energy and instantaneously accelerates the healing process of the body's natural healing abilities, which improves and maintains wholeness of mind, body and spirit. **90 min.** EUR 425

REIKI

This Japanese form of energy healing will leave you with a deep sense of calm, peace and wellbeing. **60 min.** EUR 265 | **90 min.** EUR 355

THE ENERGY BLOCK CLEANSER **NEW**

Do not become a victim of energy blocks. This special 3-hour session is designed to get yourself unstuck through personalised Energy Work.

180 min. EUR 575 | **One week** online follow up support: EUR 120

HEARTACHE RELIEVER **NEW**

Includes a confidential consultation, body work, meditation and high frequency therapy.

120 min. EUR 425 | **One week** online follow up support: EUR 120



Energy Healing

Increase Positive Vibrations

with Coco
Holistic Wellness Practitioner

ENERGY WORK

KUNDALINI YOGA THERAPY **Combat Stress and Gain Vitality**

90 min. EUR 350 | Additional person per session: EUR 175

MONKEY MIND FIGHTERS **5 Kundalini Meditation Techniques**

90 min. EUR 300 | Additional person per session: EUR 150

Additional: 20 min. Sound Healing for deep relaxation: EUR 80

One week online follow up support: EUR 100

ANXIETY STRESS BUSTER **Breath-focused Yoga Therapy**

60 min. | EUR 265 | Additional person per session: EUR 135

Reduce anxiety, depression, irritability, muscle tension, fatigue and improve circulation.

Additional: 20 min. Sound Healing for deep relaxation: EUR 80

20 min. Laughter Yoga: EUR 40 | **One week** online follow up support: EUR 100

GOLFER'S YOGA **Concentration & Spine Flexibility** **NEW**

50 min. EUR 255 | Additional person per session: EUR 130

75 min. EUR 290 | Additional person per session: EUR 145

Additional: 20 min. Sound Healing for deep relaxation: EUR 80

WEIGHT LOSS YOGA PACKAGE **NEW**

5 days EUR 1360 | **7 days** EUR 1900 | **14 days** EUR 3810

A daily personalised 90-minute yoga session focused on losing body fat and gaining muscle tone by improving lymphatic circulation and detoxifying body and mind.

Additional: One week online follow up support: EUR 100

VAT included / Lessons in English

Call (+34) 952 82 22 11 or email:

wellness@marbellaclub.com