



REBECCA DENNIS | 5 - 9 MAY 2019

Introduction to Transformational Breath

at the Marbella Club

with **Rebecca Dennis**

UK's leading Breath Coach & author of 'And Breathe'

TRANSFORMATIONAL BREATH / 5 - 9 MAY 2019

Rebecca Dennis treats issues such as stress, anxiety, depression, trauma, sleep deprivation, and energy loss.

Rebecca will take you on a powerful journey with your breath. Transformational Breath uses a connected breath pattern that awakens the wisdom and healing possibilities found within the breath. This can help improve your breathing system, mental and physical performance and let go of unhealthy breathing habits.

4 nights' stay at the Marbella Club Hotel, Golf Resort & Spa
Accommodation in a Deluxe Double Room with daily Champagne Buffet
Lunch at the Beach Club including soft drinks
Marbella Club Personalised Massage, 60 min.
Tibetan Bowl Vibrational Massage, 45 min.
Aerial Yoga, 55 min.
A Breathing Tree Group Workshop with Rebecca Dennis
A Private Breathing Tree Session with Rebecca Dennis

Single occupancy, € 3,260 | Double occupancy, € 2,060 p/p

Work with movement, sound and affirmations to prevent unhealthy breathing patterns and encourage conscious breath.

Workshops, € 55 p/p | One-on-One session, € 290 p/p

*Spots are limited and must be pre-booked
For further information and bookings - wellness@marbellaclub.com*

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