



Exhaustion Retreat

25th - 29th March

THE ADRENALS AND THE THYROID

Give a boost to your energy and vitality.

Take stressful situations in stride.

FROM 25TH TO 29TH MARCH

- Meditation
- Nutritional Consultation
- Interactive Cooking Demo
- Therapeutic Yoga Session
- Spa Time
- Hiking & Stretching
- Tibetan Bowls
- Wellness Talk
- Breathing Techniques
- Mat Pilates
- Bicycle Tour & Olive Oil Tasting
- Departure Consultation

Single occupancy: **EUR 3.005** · Double occupancy sharing the room: **EUR 2.375 p/p**

Without accommodation: **EUR 1.745**

Four-night accommodation in a Deluxe Double Room.
Includes all meals programmed during the Retreat.

For more information: wellness@marbellaclub.com

MARBELLA CLUB

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