



Marbella Club Retreats 2020 *at Rincón del Mar*

TACKLING THE ENERGY CRISIS – 25-29 MARCH

Exhaustion

Learn how to give a boost to two glands that are particularly responsible for energy, vitality and your ability to take stressful situations in stride: the adrenals and the thyroid. And to give you a third strategy for beating fatigue, we'll show you how to reduce your toxic load and support your liver in processing and excreting the toxins that bombard us daily.

Single occupancy: **EUR 3.005**
Double occupancy sharing the room: **EUR 2.375 p/p**
Without accommodation: **EUR 1.745**

FOR AN INNER AND OUTER GLOW - 13-17 MAY / 9 - 13 DEC

Food for Beauty

Takeaways include achieving rehydration and an anti-ageing effect through a cleansing, nutritious and delicious diet; gaining a basic understanding of how nutrition is directly linked to the metabolic and digestive systems and what this means on a cellular level; the rebalance of one's physical appearance through sufficient and quality sleep, tactical fitness exercises and the benefits of seawater in our Thalasso Spa.

Single occupancy: May - **EUR 3.755** / December - **EUR 3.215**
Double occupancy sharing the room: May - **2.815 EUR p/p** / December - **EUR 2.545**
Without accommodation: May - **EUR 1.875** / December - **EUR 1.875**



AN ACTION PLAN FOR A HEALTHY IMMUNE SYSTEM - 23-27 SEPTEMBER

Liver Reboot

This retreat will help you to work out a plan of action. If you've been lucky enough to stay relatively free from digestive complaints, you may think this retreat is not for you.

Single occupancy: **EUR 3.615**
Double occupancy sharing the room: **EUR 2.675 p/p**
Without accommodation: **EUR 1.735**

BRINGING YOUR BODY FULL CIRCLE - 14-18 OCTOBER

Body Balance

A blend of TRX, cardio workouts, individual Pilates sessions and daily fitness consultations, as well as cookery classes that look to change eating habits.

Price in single occupancy: **EUR 3.625**
Double occupancy sharing the room: **EUR 2.685 p/p**
Price without accommodation: **EUR 1.745**

PREVENTATIVE TIPS FOR OPTIMUM STATE OF WELLBEING - 25-29 NOVEMBER

Ageing Gently

You will learn which many other hormones that affect your wellbeing and rate ageing are important. Hormones are important and involved in regulating appetite and blood sugar metabolism. You will learn different tips for a trouble-free andropause and menopause transition.

Price in single occupancy: **EUR 3.085**
Double occupancy sharing the room: **EUR 2.415 p/p**
Price without accommodation: **EUR 1.745**

Prices with VAT included · Limited availability

MARBELLA CLUB

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