



**MINDFULL /CONSCIOUS WALKING**  
**and BODYWORK**  
**INTO THE NATURE OF IBIZA**

CONSCIOUS WALK /EXCURSION and  
 ENERGETIC SESSION by EXPLORING  
 MAGIC ITINERARIES OF THE ISLAND

NATURAL WALK, energetic connection  
 with your Center –  
 Breathing/ Meditation,  
 opening chakras  
 connection with natural elements,  
 energetic and functional movements

Morning → 9.30h/10h

Sunset Time → 19.30h



2 HOURS EXPERIENCE with  
 DOC SERENA CELATI  
 EVENT MANAGER ,WELLNESS COACH &  
 OSTEOPATH AND TEAM

Contact

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OPTIONAL water fusion : energetic HEART/  
 BRAIN TECHNIQUE and deep relaxation  
 Into Ibiza sea water  
 Starting from 500  
 minimum 4 people  
 Possibility for individual  
 and couple



