



# **THE MIRACLE MORNING**

## **WELLNESS BREAKFAST**

2 hours experience more Brunch -on demand -

*Doc Serena Celati*

*Wellness coach & Osteopath  
and Stuff*

*Dj set or live instrumental music*



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## ENERGETIC AND FUNCTIONAL CONSCIOUS TRAINING SESSION

- Connection with your center
- Breathing / Meditation opening chakras
- Tapping technique (energetic points activation body mind spirit)
- Functional training and core training movements to open, strengthen and relax your body
- Small ecstatic dance with dj set
- Bioenergetic deep relaxation/ meditation technique
- Bio brunch gathering with dj set atmosphere



Starting from 700€  
10 people group max