

eteria

WELLNESS DAY

una giornata dedicata
al benessere olistico

programma

8:30 **rituale del risveglio**

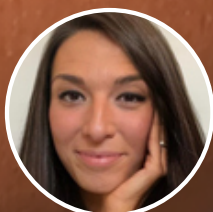
10:00 **brunch olistico e talk**

11:00 **spa, relax e massaggi**

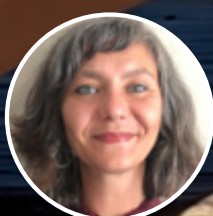
16:30 **meditazione attiva**



Mario Donnici
meditazione, mindfulness



Carolina Cioni
ayurveda, massaggi



Oana Adelina Braila
yoga, naturopatia

PRENOTA



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