

**November 6th**

3:00 - 4:00 PM
Ancora Restaurant

Art therapy through the flow of Calligraphy

The flow of calligraphy encourages a connection between the mind and body, helping individuals express feelings that may be difficult to articulate. No previous experience needed — just your openness to flow.

November 16th

10:00 AM - 12:00 PM
Rooftop Gym
& Pool Area

Cold Plunge Therapy

This session guides participants through the powerful techniques of the Wim Hof Method (WHM), blending breathwork and cold plunge therapy. Discover how to harness your breath, embrace the cold, and unlock a deeper connection between mind and body.

November 23rd

3:00 - 4:00 PM
Ancora Restaurant

Nutritional Therapy

This session offers a deep dive into empowering participants with the tools to make mindful food choices. Each month, we focus on a different nutritional theme, helping you develop a holistic understanding of how nutrition supports both body and mind.

