



January 4th

5:00 PM - 7:00 PM
57 Deli Café

Art for Mental Clarity

This workshop offers a transformative experience, guiding participants through the creative process to explore and express their emotions. Each session focuses on a different theme using various techniques to promote emotional balance, healing, and overall well-being.

January 11th

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

Cold Plunge Therapy Wim Hof Certified Method

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.

January 25th

12:00 PM - 1:00 PM
Ancora Restaurant

Nutritional Therapy Workshop

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.