

**LIVIN** life  
WELLNESS EVENTS

NYC - MIAMI - COSTA BLANCA - VALENCIA - IBIZA -

2024



# ABOUT US

"LIVIN Life is a mobile longevity events company focused on fitness and Ice baths.

We create unforgettable experiences for high-performance individuals in need of recovery, and for anyone looking to improve their health, have fun, and live a longer and higher quality life.

This is a modern wellness event, and we believe in creating an energetic buzz, a trend. These events are designed to make you feel good, to energize everyone present! To be held in popular venues and to bring people together!

They can be held anywhere and at any time.

We hope to host them at your venue this summer!





*Our events are a combination of:*

**FITNESS  
BREATH WORK  
ICE BATHS**

We move our bodies, calm our minds, and then we recover and rebuild in a few minutes ice baths! The event will not last more than two hours.

LIVIN life also hosts events that are just focused on the Ice bath experience, where there will be between 3 and 5 ice baths, filled with hundreds of kilos ice... till the perfect temperature of between 3 and 5 degrees is reached. This is a full experience with music, 5 minute plunges and all guided by health coach Gloria. We love to create groups and cheer each other on while we take this rejuvenating ice bath, that will leave you happy and energized!





# UNFORGETTABLE EXPERIENCES



*For a longer and healthier life.*

Our events are based on LONGEVITY.

We bring the energy so you can have it too!

We offer fitness classes in a high energy ambiance to keep you active and inspired.

Meditations and breathing exercises to help you feel calm and relaxed.

Ice baths to make you feel refreshed, full of energy, happy, and ready to take on life.

The benefits of our events:

- Improve overall health, vitality, and personal growth.
- Achieve personal fitness goals.
- Energizing, inspiring, and motivating.
- Building and connecting communities.
- Reducing stress and gaining mental clarity.
- Athletic recovery and rebuilding to reach your full potential.



# BRINGING LONGEVITY

## *to your doorstep*



Whether you're a cycling team finishing a long day of intense training, a hotel looking to offer wellness and excitement to its guests, a yoga retreat, a group of friends wanting a morning full of well-being and fun, or a beach club wanting to join this movement, we tailor our experiences for you.

We bring our mobile ice baths, workout mats, Plant Shack juices, and our energetic team to your location.

Ideal places to host our events:

- Hotels
- Rooftops of restaurants and hotels
- Yacht clubs
- Golf clubs
- Wellness clubs
- Spas
- Yoga retreats
- Private villas
- Beach clubs
- Festivals

We come with everything needed, You do nothing. We do it all.



## HOW THIS WILL

*benefit you and your business?*

- You'll offer your guests modern longevity events without any effort on your part or from your company.
- Help your guests feel uplifted, healthy, and happy.
- Your venue will attract a high-end clientele who have the financial resources to invest in their health and well-being.
- Bring diversity and excitement to your business.
- Positive community building.
- Promotion/advertisement of your space.
- Content generation on social media, with plenty of photos and videos.
- Increase in sales for your business.
- Greater popularity; you're offering your customers/guests unique experiences. You're helping them feel their best.

You don't need to do anything.  
All we need is access to water and space..



## MEET THE FOUNDER

*Gloria Pope*

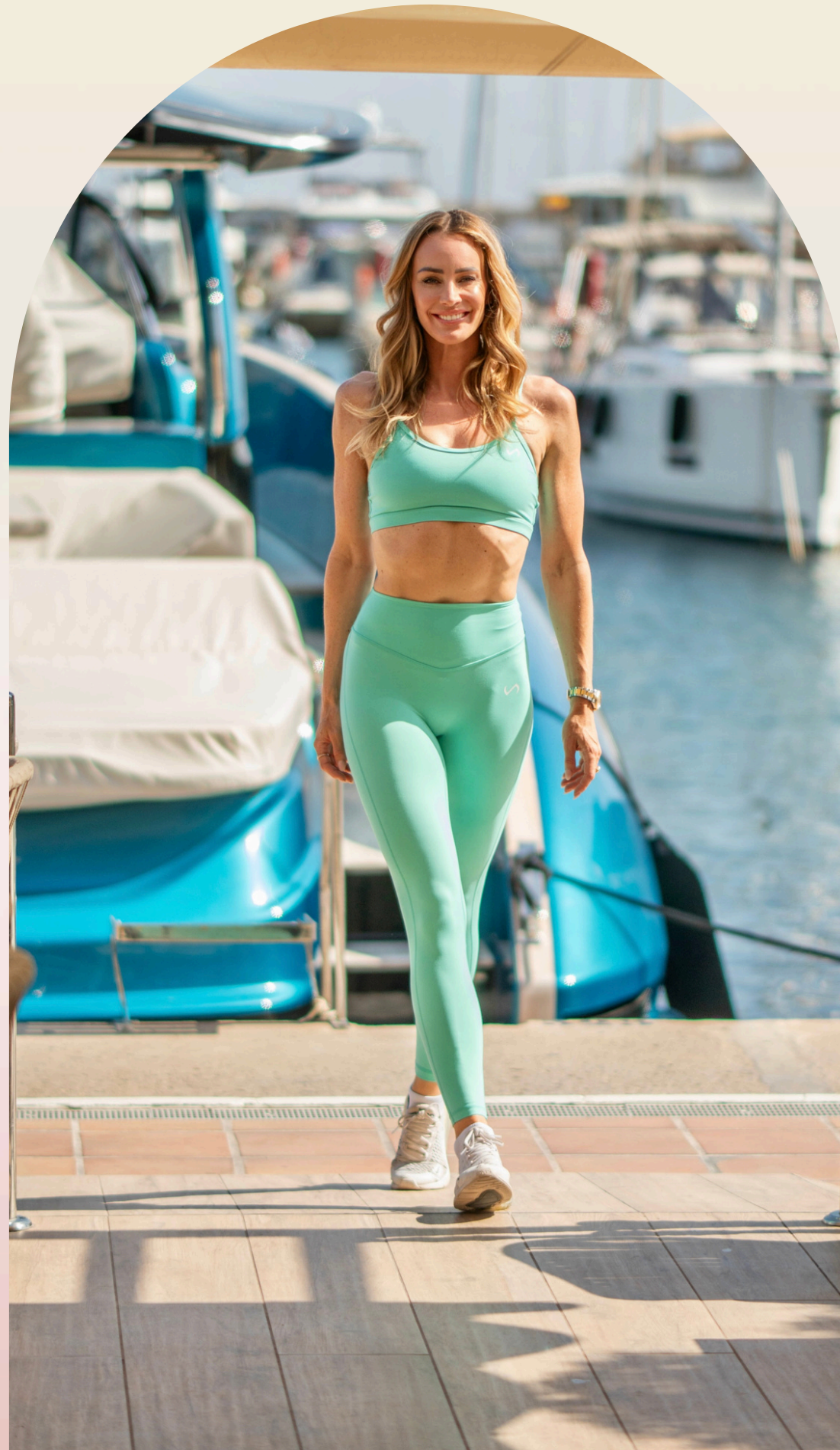
*She is a health, wellness, and fitness coach, a Harvard-trained nutritionist, and a wellness and longevity enthusiast.*

*Born in the Netherlands but as a child, she lived in Calpe, Spain, and has always maintained a connection with life and the community in Calpe and its surroundings. Two years ago, she opened a vegan café called "Plantshack" in Calpe with her partners to help educate and offer the community a healthier option.*

*For the past 18 years, she has spent winters in Miami and New York, where she is a wellness entrepreneur.*

*Inspiring and motivating people to feel their best is her passion and life's mission. Gloria organizes successful wellness and longevity events in New York and Miami, and she will bring this concept to Spain this summer!*

*She believes in the power of eating healthy, exercising, meditation, conscious breathing, and ice baths (cold therapy) to achieve optimal health and happiness. She wants to collaborate and work alongside people within the same passions.*





# WITHTHUS CONNECTS

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## WELLNESS EVENTS

