

**LIVIN** life  
WELLNESS EVENTS

NYC - MIAMI - COSTA BLANCA - VALENCIA - IBIZA -



## A Social Wellness Gathering

We bring people together to experience **exciting workouts, mindful practices, Ice plunge therapy** for recovery, and **the latest trends in wellness** - All in one event.

“We have created the perfect place where you can meet quality people, take care of yourself, and have lots of fun doing it”

# WHAT WE OFFER



## **1. Exciting Workouts**

Energizing group fitness classes designed for all levels.

## **2. Mindful Practices**

Guided meditation, breath work, and other calming techniques to help you reset and refocus.

## **3. Ice Plunges**

Experience ice plunging in a group setting - challenging and life changing for your body and mind.

## **4. Latest Wellness Trends**

Discover the latest trends in Longevity with innovative tools and workshops to promote vitality.

## **5. Social Connection & Team-Building**

A vibrant community where you can connect, build lasting relationships, and strengthen your team.



# WHO IS THIS FOR

We bring our mobile ICE BATHS, WORKOUT MATS, MUSIC, and our energetic team to your location.

- Hotels
- Retreats
- Rooftops
- Beach clubs
- Private homes
- Wellness clubs
- Company team building



LIVIN life events are tailored around **LONGEVITY**.

We show you how to have fun while being healthy!

We offer fitness classes in a high energy ambiance to keep you active. Meditations and breathing exercises to help you feel calm and relaxed. Ice baths to recover, challenge and bring unforgettable energy!

### **Benefits of our events:**

- Reduce stress
- Mental strength
- Athletic recovery
- Achieve fitness goals
- Powerful team building
- Connecting and making friends
- Energizing, inspiring, and motivating
- Improve overall health, vitality, and personal growth





## HOW THIS WILL

*benefit you and your business?*



- Offer your guests modern longevity events
  - Bring diversity and excitement to your business
  - Promotion/advertisement of your space
  - Positive community growth
  - A healthier and more connected team
  - Increase in sales for your business
  - Content on social media, photos and videos
  - Gain popularity; you're offering your customers unique experiences
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- If you would like to do a healthy team building morning with your company, we provide the perfect event that will leave your team stronger, inspired and motivated!



## MEET THE FOUNDER

*Gloria Pope*



*A trained health, wellness, and fitness coach, and longevity enthusiast.*

*Born in the Netherlands, raised in Calpe, Spain. She has always maintained a connection with the life and the community in the Costa Blanca.*

*Two years ago, she opened a Vegan Café / Juice bar called "Plantshack" in Calpe with her partners to help educate and offer the community a healthier option.*

*For the past 19 years, she has lived in Miami and New York, where she is a wellness entrepreneur. Organizing social wellness events at exclusive New York locations. Building and growing a wellness community wherever she goes.*

*She spend summer 2024 hosting successful Fit & Ice bath events at exclusive establishments around the Costa Blanca. Showcasing a new way of spending a morning full of fun wellness activities while creating a space where people can connect and make friends.*

*Gloria believes in the power of eating healthy, exercising, meditation, conscious breathing, and ice baths (cold therapy) to achieve optimal health and happiness.*

*Inspiring and motivating people to feel their best is her passion and life's mission.*



# WITHTHUS CONNECTS

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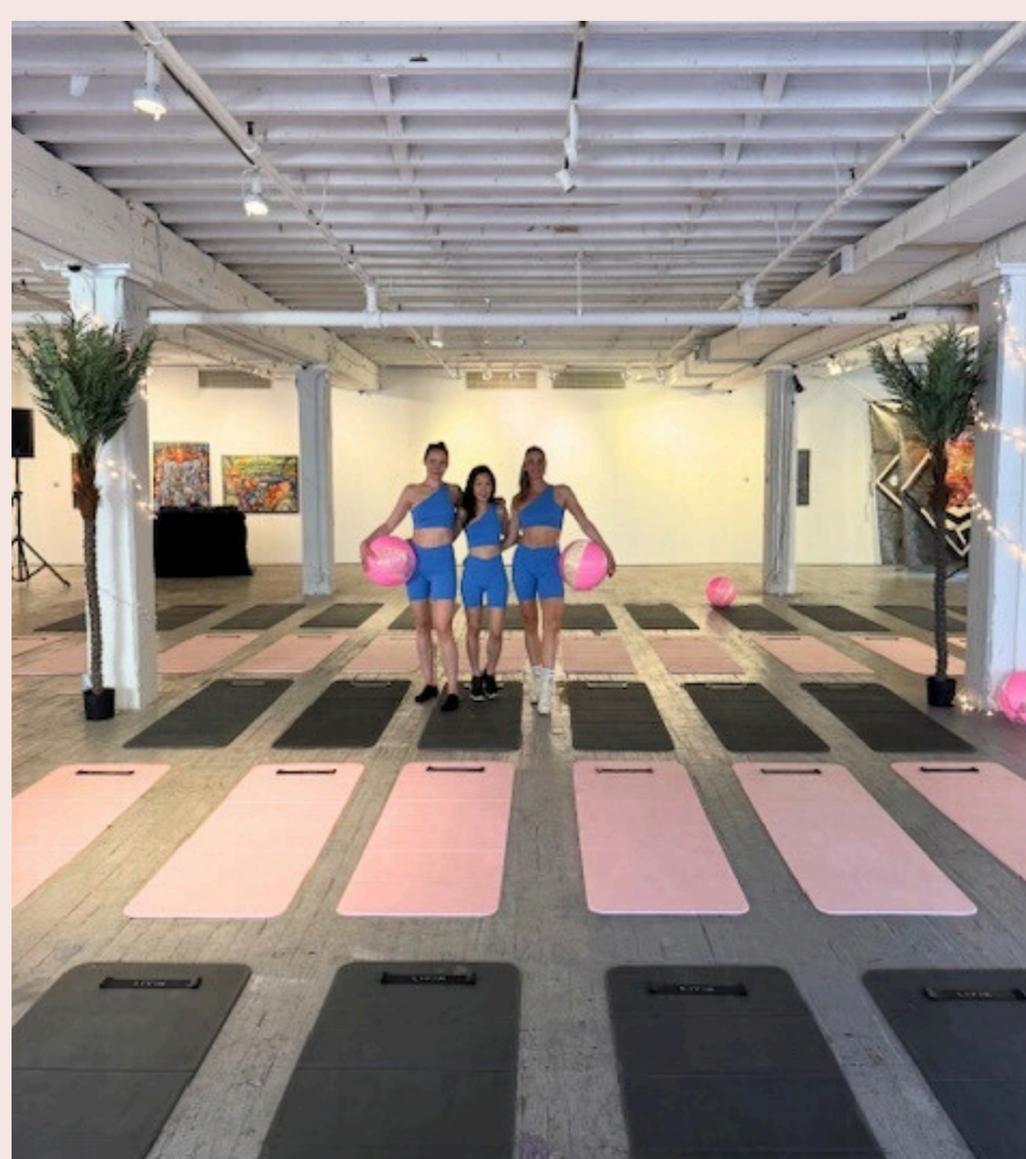
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**LIVIN**  
— life —

A social wellness experience

