

LIVIN life
WELLNESS EVENTS

NYC - COSTA BLANCA - VALENCIA - IBIZA - MARBELLA - BARCELONA

2024



ABOUT US

"LIVIN Life is a mobile longevity events company.

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 | YOGA |
BREATHWORK | 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.

Extras we offer depending on the location:

- Sound healing
- Massage therapy
- Catering service from the vegan café "Plantshack Juice Bar"
- Delivery of vitamins and supplements designed to enhance sports recovery, anti-aging, and long-term health
- And much more...





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 and yoga classes to help you stay active.

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 face 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, yoga 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 a team and 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..





Conoce al Equipo

JENNY LEIGH MORRIS

CREATIVE PARTNER /
LONGEVITY ENTHUSIAST

Jenny left the corporate business world after working in high-intensity tech startups. Seeking more joy and balance in life, she discovered that spiritual practices like yoga, meditation, conscious breathing, and ice baths were transformative for her mental peace.

Jenny recently opened a successful wellness retreat in the Spanish mountains of benissa called Casaamoros.

Based in Mexico and Europe.



SHERIN HILZ

CREATIVE PARTNER /
MINDFULNESS ENTHUSIAST

Based in Germany and Altea.

Health and wellness enthusiast, influencer, content creator, and motivator. Sherin brings energy and joy to every event.

She has the ability to make people smile and feel good about themselves.





WITHTHUS CONNECTS

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WELLNESSEVENTS