

# JOYFUL QUEST WITH SANCTUM WELLBEING RESIDENCE

28th April to 9th May, 2024

*reach physical edge and  
mindful euphoria*



JOALI BEING

Release, reconnect and heal as you celebrate the profound power of  
“me” and “we”.

In the world of growing uncertainty, loneliness and anxiety, Sanctum creates space for radical self-care and community healing. Express yourself without fear of judgment as you push your physical, emotional and spiritual boundaries.

The Sanctum method offers an unmatched moving sequence, with influences from kundalini yoga, martial arts, animalistic flow, breathwork and primal fitness. Use the body as a vessel to reach the mind and unlock your potential on a holistic level, achieving physical edge and mindful euphoria.

Founded by Luuk Melisse and Gabriel Olszewski, partners in business and in life, Sanctum is designed to empower open-minded individuals on their wellbeing journey. This meticulously curated retreat invites you to expand your mind, amplify your energy and live a richer life.

## *Sanctum Wellbeing Residence*

Embark on a joyful quest guided by Luuk Melisse, co-founder of Sanctum.

From modern dance to Eastern philosophy, from Kundalini to HIIT, from profound silence to electronic music... Luuk draws on his incredibly varied journey to lead JOALI BEING guests through an enriching programme of cathartic movement, sound journeys, mindful hikes, and signature ceremonies.

# JOALI BEING

*For more information or bookings, please contact your Jadugar.*