

A woman with her hair in a bun, wearing a teal sports bra and blue jeans, is lying on her back on a dark wooden table. She has her eyes closed and a serene expression. Surrounding her are various fresh items: a yellow bell pepper, a lemon, a bunch of green herbs, a green chili pepper, a bowl of sliced cucumbers, a bowl of dark liquid, and a tray of oranges.

20 OCTOBER 2025, 12H30-13H30

FROM FUEL TO FLOW

**★ WELLNESS &
BREATHWORK SESSION ★**

ILO LIBRARY (LAC X)

With Vanessa Jones & Katerina Tsotroudi