



OM-Wellness
Empowering Mind - Body - Heart

OM-Wellness Process

Mindset & Resilience Retreat

27-29 June 2025

LEARN TO:

LET GO OF UNHEALTHY PATTERNS

Manage Overthinking

Develop Mental, Physical

& Emotional Resilience

With Dr Oberdan Marianetti
Psychologist, Relationship Expert

www.om-wellness.co





OM-Wellness
Empowering Mind - Body - Heart

Relate With Love

Relationship Retreat

5-7 September 2025

LEARN TO:

**Choose the Right Partner
Reignite Your Relationship
Manage Conflicts & Differences**

Get the Love You Want!

**With Dr Oberdan Marianetti
Psychologist, Relationship Expert**

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Workshops



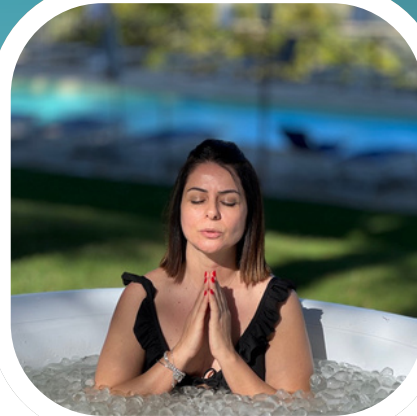
Breathwork



Self-Reflection



Meditation



Cold Therapy



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Certified in the Wim Hof Method and Oxygen Advantage, Dr Oberdan Marianetti launched the OM-Wellness Process in 2018, a unique psychology-based experiential programme blending learning workshops and wellness practices (breathwork, yoga, meditation, and cold therapy) to help participants overcome their core limiting beliefs and reconnect to their inner power.

OM-Wellness, founded by **Dr Oberdan Marianetti**, a UK-trained psychologist, integrates over 20 years of international experience in Corporate and private practice offering Psychotherapy, Executive Coaching, Keynotes and transformative retreats.

Formerly the Global Head of Learning and Organisational Development, Dr Marianetti transitioned to private practice in 2015, helping people navigate the complexity of modern life.

He specialises in identity, relationships and intimacy issues.



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LIFE CHANGING RETREATS

in collaboration with



OM-Wellness
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