

# THERAPIES

Magazine

MAY-JUNE 2023 · 0002

SELF CARE - WELLNESS - HEALTH - CULTURE - LIFE ABROAD - EVENTS

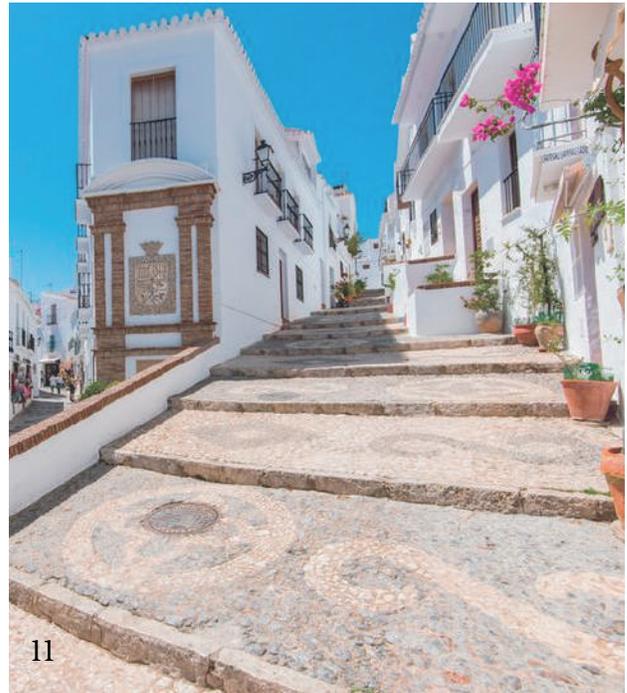




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Welcome to the second edition of Therapies Magazine, your go-to source in the Costa del Sol! We're so excited to bring you a range of articles and insights that will help you lead a happier, healthier life.

In this edition, we have an article on the dynamic of choices, which delves into the complex factors that influence our decision-making processes. We also explore the life and career of the iconic actor Antonio Banderas, who is known for his advocacy of self-care and mental health. For ex-pats who are considering tying the knot, we offer some helpful tips and insights into the various legal and practical aspects of getting married in the Costa del Sol. Additionally, we take a deep dive into the teachings of Buddhism, exploring how this ancient philosophy can help us achieve a greater sense of calm and inner peace. We are also proud to feature an article on Ali Meehan, a wellness entrepreneur and founder of the Costa Women community, who has helped countless women connect and thrive in the Costa del Sol. Plus, we have a letter from our readers, where we hear your voices and opinions on some of the most pressing topics in the wellness industry. Finally, we present an article on tools for anxiety, providing practical tips and strategies to help manage and overcome this all-too-common condition.

At Therapies Magazine, we believe that self-care and wellness are essential components of a happy, fulfilling life. We hope that this second edition will inspire and empower you to take control of your well-being and achieve your full potential. Thank you for your continued support and readership.



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Breathe



Peet Rothwell's tribute to

# michael bublé

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# NEWS

MAY-JUNE 2023

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# 1

## Paseo Botanico de la Sierra de las Nieves

May 13, 2023

Welcome to the wonderful world of plants! Did you know that spending time around plants has been linked to reduced stress, improved air quality, and increased feelings of well-being? A great opportunity to connect with nature and improve your health.

## XIII Andalucía Golf Challenge

May 19, 2023

Did you know that golf has been shown to reduce stress, lower blood pressure, and improve cardiovascular health? The golf competition will be held at the Atalaya Golf Club's Old Course in Estepona. Following the game, there will be a lunch for the awards ceremony, so don't miss out!

# 2



# 3

## "¡Martita Sea!", Martita de Graná

June 9, 2023 Fuengirola

Looking for a fun and effective way to relieve stress and improve your mood? "Martita Sea!" is a fun show that highlights personal and professional growth, including topics like singleness, age, and mental health. Enjoy the artist's confidence and panache while relieving stress and improving your mood.



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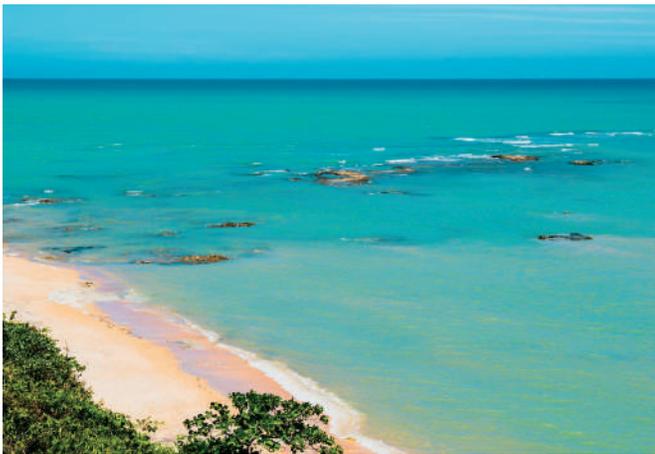


TO DISCOVER

# NERJA

Are you looking for a hidden gem to discover in the province of Malaga? Look no further than the charming town of Nerja! Nestled along the Costa del Sol, this picturesque coastal town boasts stunning views of the Mediterranean Sea and a vibrant culture that's just waiting to be explored.

One of the main draws of Nerja is its stunning beaches. From the popular Playa Burriana to the quieter coves of Cala del Cañuelo, there's a beach for every type of traveler. The crystal-clear waters and golden sands make for the perfect setting to relax and soak up the sun. Take a stroll through the town's charming old quarter, with its narrow streets and whitewashed houses adorned with colorful flowers. Stop by the famous Balcony of Europe, a scenic viewpoint that offers breathtaking views of the Mediterranean and the surrounding coastline.



For those interested in history, Nerja is home to the fascinating Nerja Caves. And if you're a foodie, you won't want to miss out on the town's fresh seafood, delicious tapas, and local wine.

Whether you're looking for a relaxing beach vacation, a cultural adventure, or a taste of local life, Nerja is the perfect destination to discover.

So why not pack your bags and start planning your next trip to this enchanting town? You won't regret it!

# "EAT, LOVE, PRAY"

BY ELIZABETH GILBERT

Have you ever wondered what it takes to truly be happy? If so, we've got a book recommendation for you that I think you'll love: "The Art of Happiness" by the 14th Dalai Lama. In this book, the Dalai Lama shares his wisdom and insights on how to cultivate happiness and inner peace in our lives.

What we loved most about this book is that it's not just a theoretical exploration of happiness - it's a practical guide to applying the principles of happiness in our daily lives. Through the Dalai Lama's teachings, we learn how to let go of negative emotions, develop compassion and kindness towards ourselves and others, and cultivate a sense of inner peace and contentment.

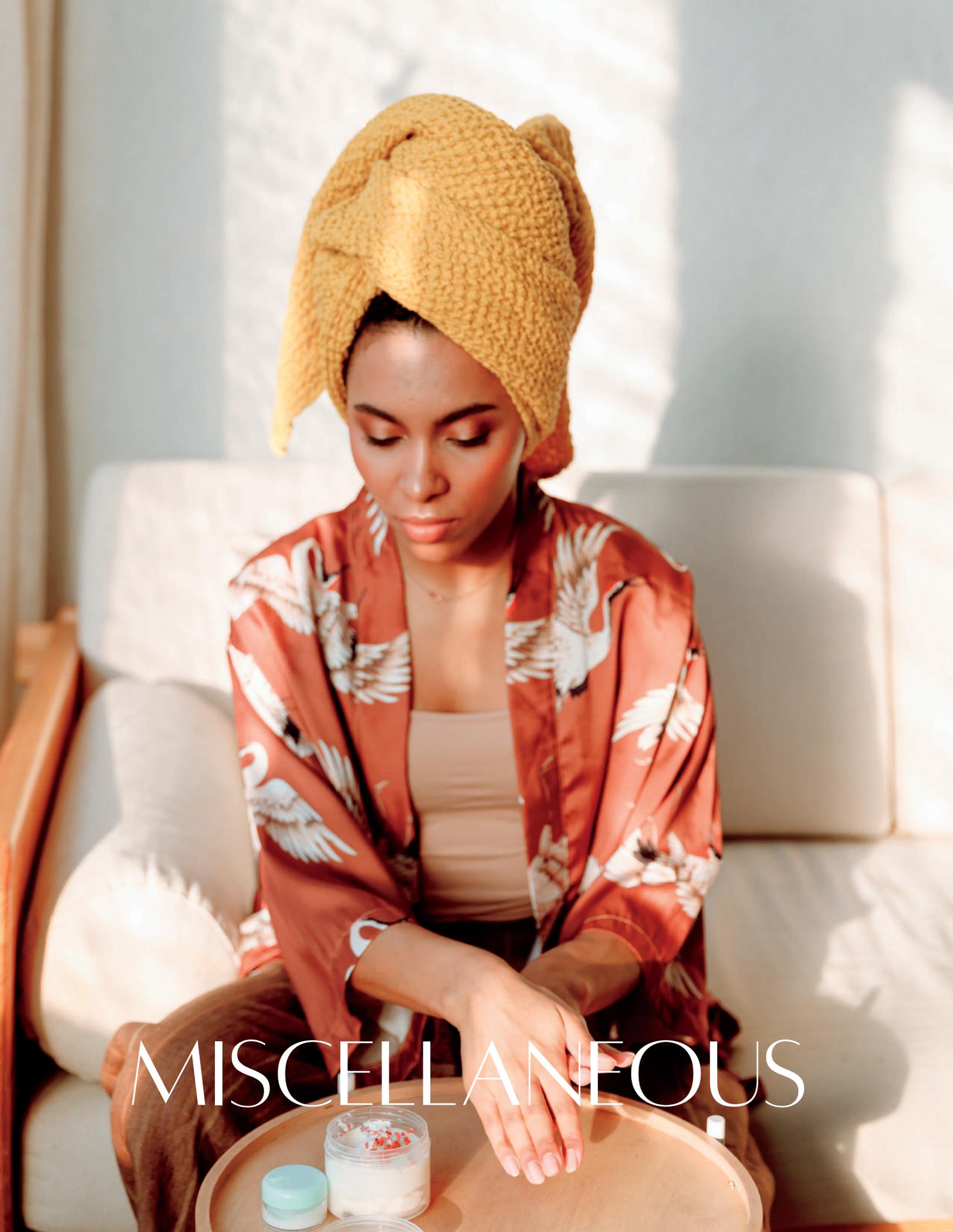
One of the things that really stood out to me about this book is how accessible and relatable it is. Even if you're not a Buddhist or a spiritual seeker, the Dalai Lama's teachings on happiness are relevant and applicable to anyone who wants to live a more fulfilling life. If you're looking to discover more about happiness and how to cultivate it in your life, we highly recommend picking up a copy of "The Art of Happiness" - it's a true gem of a book!



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PETITE  
CHÉRIE  
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MISCELLANEOUS

# ALOE VERA

**W**all know about the famous aloe vera but do you know all the benefits it has on our skin and health? This incredible plant is a natural wonder that has been used for centuries for its healing and soothing properties. From skincare to digestion, aloe vera is a versatile ingredient that can benefit your health and wellness in many ways.

One of the most well-known benefits of aloe vera is its ability to soothe and heal skin irritations. The gel from the plant contains compounds that help to reduce inflammation and promote healing, making it an effective treatment for sunburn, rashes, and other skin conditions. In fact, aloe vera is often a key ingredient in skincare products due to its moisturizing and anti-inflammatory properties.

But aloe vera's benefits go beyond just skincare. It's also known to have anti-inflammatory properties that can help to alleviate joint pain and stiffness. If you suffer from conditions such as arthritis, aloe vera gel can be a gentle and natural way to reduce inflammation and ease pain.

Aloe vera can also aid in digestion. The plant contains enzymes that can help to break down food and promote the growth of good bacteria in the gut. This can help to soothe digestive discomfort and promote healthy digestion. What's more, aloe vera has potential benefits for those with type 2 diabetes. Studies have found that consuming aloe vera gel can help to lower blood sugar levels and improve insulin sensitivity.

But perhaps one of the best things about aloe vera is how easy it is to incorporate into your daily routine. You can find aloe vera gel in many skincare products, or you can simply apply the gel directly to your skin. And if you want to enjoy the health benefits of aloe vera from the inside out, you can try adding it to your smoothies or juices.

Overall, aloe vera is a natural wonder that's definitely worth exploring. Whether you're looking to soothe skin irritations, ease joint pain, or support your overall health, aloe vera has something to offer. So why not give it a try and see what benefits it can bring to your life? Your skin, joints, and digestive system will thank you for it!

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# THE DYNAMIC OF CHOICE MAKING AND OUR EMOTIONS

by Beatriz Seño-Godoy

*The choices we make in life are some of the most important and impactful decisions we will ever face. From small, seemingly insignificant choices to major, life-altering decisions, the choices we make ultimately shape our lives and determine our future.*

Every day, we make countless choices that affect the course of our lives. Some of these choices may seem insignificant, such as what we decide to eat for breakfast or what clothes we choose to wear. However, even these seemingly small choices can have a significant impact on our lives, as they can affect our mood, energy level, and overall wellbeing.

Other choices we make are much more consequential. These may include decisions about our careers, relationships, and life goals. These decisions can shape the trajectory of our lives and have long-lasting consequences that we may not fully appreciate at the time we make them.

Ultimately, the choices we make are a reflection of our values, beliefs, and priorities. They are a reflection of who we are as individuals, and they shape our personal identity and sense of self. When we make choices that align with our values and beliefs, we feel a sense of purpose and fulfilment. When we make choices that conflict with our values and beliefs, we may feel lost or uncertain.

Making choices can be both exciting and challenging. On the one hand, having the freedom to make our own choices allows us to pursue our passions and live a life that is meaningful and fulfilling. On the other hand, the responsibility that comes with making our own choices can be daunting, and we may feel overwhelmed or uncertain about which path to take.

One of the most important aspects of making choices in life is learning from our mistakes. We will inevitably make choices that lead to negative consequences, and it is important that we use these experiences as opportunities to grow and learn. By reflecting on our past choices and taking responsibility for our mistakes, we can become more self-aware and make better choices in the future.



It's important to remember that every choice will have a result. And every time that you choose something to please someone automatically the consequence will be devastated for you. This is because you will be doing something that you actually don't believe, don't like or don't even what to do. In the order hand when you decide to do something for you, others can fell said, hurt or angry. So you need to be strong and understand that these things will happen in life, and you can't live your life trying to make people happy.

Another important aspect of making choice is that if you didn't like the results you can always chance your mind and choose another thing. Nothing is permanent and forever. The choices we make in life are some of the most important decisions we will ever face. They reflect our values, beliefs, and priorities, and ultimately shape the course of our lives. While making choices can be both exciting and challenging, it is important to approach them with a sense of purpose and responsibility, and to use our past experiences as opportunities for growth and learning.

The choices we make in life are often accompanied by emotional responses. These emotional responses can range from feelings of joy and excitement to anxiety and fear. Our emotional response to a choice can be a powerful indicator of what we truly want or value, and can provide valuable insights into the decision-making process.

One of the most common emotional responses to making a choice is anxiety or fear. When faced with a difficult or uncertain decision, we may feel overwhelmed by the potential consequences of our choices. This can lead to feelings of anxiety or fear, as we worry about making the wrong decision or facing negative consequences.



However, it is important to remember that feeling anxious or fearful does not necessarily mean that we are making the wrong choice. In fact, making a difficult choice often requires taking a risk and facing our fears. By acknowledging and accepting our fears, we can make more informed and thoughtful decisions that are true to our values and priorities.

On the other hand, making a choice that aligns with our values and priorities can bring feelings of joy and excitement. When we make a choice that resonates with our true desires, we may feel a sense of purpose and fulfillment. These positive emotional responses can serve as a guide for future decision-making, as they indicate what we truly value and prioritize in our lives.

It is important to note that emotional responses to choices can also be influenced by external factors, such as societal pressures or the opinions of others. When making a choice, it is important to tune into our own emotions and desires, rather than being swayed by external influences. By staying true to ourselves and our values, we can make choices that align with our true desires and bring us a sense of fulfillment and purpose. The interplay between choice and emotional response is a complex and nuanced process. While some choices may evoke an immediate emotional response, others may require more contemplation and reflection before we fully understand our emotional reaction.



Additionally, our emotional responses to choices can also be influenced by our cognitive biases and heuristics. For example, we may be more likely to make choices that align with our pre-existing beliefs and attitudes, or to choose options that are familiar and comfortable, even if they are not the best choice for us in the long run. It is also important to note that the emotional response to a choice can change over time, particularly as we gain more information and experience. A choice that initially seemed daunting and anxiety-provoking may become more appealing as we learn more about the potential benefits and risks. Moreover, the choices we make in life can be influenced by a variety of emotional factors, such as our past experiences, fears, and aspirations. For example, a person who has experienced traumas

may be more cautious and risk-averse when making choices while someone who has a strong sense of adventure and curiosity may be more inclined to take risks and pursue new opportunities. Ultimately, the choices we make in life can have a profound impact on our emotional well-being, as well as our overall quality of life. In conclusion, the relationship between choice and emotional response is a dynamic and complex process. The emotional response to a choice can provide valuable insights into our true desires and priorities, and can serve as a guide for future decision-making. By being mindful of our emotional responses and staying true to our values, we can make choices that bring us a sense of fulfillment and purpose in life.

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# THE PROMISING ROLE OF NEUROPSYCHOLOGY IN STROKE

by Tatiiana Gil Novak



Stroke is a debilitating condition that affects millions of people worldwide. It can cause a range of cognitive deficits, including memory and attention impairments, that can significantly impact an individual's quality of life. While traditional rehabilitation methods have shown some success, emerging research has shown that neuropsychology, in particular, transcranial direct current stimulation (tDCS), can offer promising results in stroke recovery. In this article, we will explore the potential of neuropsychology in stroke recovery, with a focus on the role of tDCS in improving attention and memory function. Neuropsychology may play a hopeful role in the treatment of stroke, a condition that affects numerous individuals globally and can lead to several cognitive impairments. Such impairments can severely influence an individual's overall well-being. Despite some success with conventional rehabilitation approaches, recent research indicates that neuropsychology, particularly transcranial direct current stimulation (tDCS), may provide promising outcomes for stroke recuperation. This article examines the potential of neuropsychology in stroke recuperation, highlighting the significance of tDCS in enhancing attention and memory function.



## WHAT IS THE ROLE OF TRANSCRANIAL DIRECT CURRENT STIMULATION (TDCS) IN STROKE RECOVERY?

Transcranial direct current stimulation (tDCS) is a noninvasive brain stimulation technique that involves delivering a weak electrical current to the brain through electrodes placed on the scalp. This technique has gained interest in recent years for its potential to enhance cognitive function and aid in stroke recovery. In stroke recovery, tDCS has been shown to have a positive effect on motor function, language, attention, and memory. The electrical current can improve the excitability of neurons in the affected area of the brain, leading to increased plasticity and more efficient neural pathways. This can ultimately result in better motor control and improved cognitive function. One study found that tDCS combined with physical therapy resulted in greater improvement in motor function compared to physical therapy alone. Another study showed that tDCS can enhance language recovery in stroke patients with aphasia.

Overall, the evidence suggests that tDCS can be a useful tool in stroke recovery, helping to improve cognitive function and motor control. However, more research is needed to fully understand the potential benefits and limitations of this technique. It is important to note that tDCS should only be used under the guidance of a trained professional, as improper use can have negative consequences. In terms of cognitive function, tDCS has shown promise in improving attention and memory in stroke patients. One study found that tDCS targeting the prefrontal cortex resulted in improved attention in stroke patients, while another study found that tDCS targeting the parietal cortex

improved memory performance. The potential of tDCS in stroke recovery has led to a growing body of research in the field of neuropsychology. A recent review of studies on tDCS in stroke recovery found that the technique is safe and well-tolerated, with positive effects on both motor and cognitive function. While tDCS holds promise as a tool for stroke recovery, it is important to note that it should not be used as a standalone treatment. Rather, it should be used in conjunction with other rehabilitation approaches, such as physical therapy and speech therapy, to maximize its effectiveness.

In conclusion, neuropsychology, particularly tDCS, has shown promise as a tool for stroke recovery. By enhancing neural plasticity and improving cognitive function, tDCS has the potential to improve the quality of life for stroke survivors. However, further research is needed to fully understand the potential benefits and limitations of this technique. It is important to work with a trained professional when using tDCS for stroke recovery to ensure its safe and effective use. Stroke is a leading cause of disability worldwide, often resulting in motor and cognitive deficits. While traditional rehabilitation approaches such as physical therapy and speech therapy have shown some success in stroke recovery, new techniques are being explored to further enhance recovery.

Studies have also shown that tDCS can improve both motor and cognitive function in stroke patients. Combining tDCS with



physical therapy has resulted in greater improvement in motor function compared to physical therapy alone. tDCS has also been shown to enhance language recovery in stroke patients with aphasia. In terms of cognitive function, tDCS has shown promise in improving attention and memory in stroke patients. Targeting the prefrontal cortex with tDCS has resulted in improved attention while targeting the parietal cortex has improved memory performance.

A recent review of studies on tDCS in stroke recovery found that the technique is safe and well-tolerated, with positive effects on both motor and cognitive function. However, it is important to note that tDCS should not be used as a standalone treatment. It should be used in conjunction with other rehabilitation approaches to maximize its effectiveness. While tDCS holds promise as a tool for stroke recovery, more research is needed to fully understand its potential benefits and limitations. It is important to work with a trained professional when using tDCS for stroke recovery to ensure its safe and effective use. Additionally, there are certain precautions that should be taken with tDCS, such as avoiding the use on individuals with epilepsy, pacemakers, or metal implants in the head.

In conclusion, tDCS has the potential to revolutionize stroke recovery by enhancing neural plasticity and improving cognitive function. By targeting specific areas of the brain, tDCS can improve motor function, language recovery, attention, and memory in stroke patients. However, further research is needed to fully understand the potential benefits and limitations of this technique. Working with a trained professional and utilizing tDCS in conjunction with other rehabilitation approaches can help maximize its effectiveness in stroke recovery.

Studies have shown that tDCS can improve both motor and cognitive function in stroke patients. When combined with physical therapy, tDCS has resulted in greater improvement in motor function compared to physical therapy alone. Additionally, tDCS has been shown to enhance language recovery in stroke patients with aphasia. In terms of cognitive function, tDCS has shown potential in improving attention and memory in stroke patients. For example, targeting the prefrontal cortex with tDCS has resulted in improved attention, while targeting the parietal cortex has improved memory performance. A recent review of studies on tDCS in stroke recovery found that the technique is safe



and well-tolerated, with positive effects on both motor and cognitive function. However, it is important to note that tDCS should not be used as a standalone treatment. It should be used in conjunction with other rehabilitation approaches to maximize its effectiveness and its safe and effective use. There are certain precautions that should be taken with tDCS, such as avoiding areas of the brain that may be at risk for seizures or other adverse effects.

Overall, the use of tDCS in stroke recovery has shown great promise in the field of neuropsychology. By targeting specific areas of the brain and improving motor and cognitive function, tDCS can help stroke patients recover more fully and improve their quality of life. However, further research is needed to fully understand the potential benefits and limitations of this technique. Working with a trained professional and utilizing tDCS in conjunction with other rehabilitation approaches can help maximize its effectiveness in stroke recovery. With continued research and development, tDCS may become a valuable tool in the rehabilitation of stroke patients.

Aside from motor and cognitive function, tDCS has also shown potential in improving auditory function in stroke patients. A study conducted by the University of Washington found that tDCS combined with auditory training can significantly improve speech discrimination in stroke patients with auditory processing disorders. This suggests that tDCS may have a broader application in stroke rehabilitation, beyond just motor and cognitive function.

The noninvasive nature of tDCS makes it an attractive option for stroke recovery, as it does not require any surgery or medication. However, it is important to note that tDCS should only be used under the supervision of a trained professional. The technique involves the use of electrodes placed on the scalp, which deliver a low-level electric current to the targeted area of the brain. While tDCS has been found to be safe and well-tolerated, there are certain precautions that should be taken to minimize the risk of adverse effects.

In conclusion, tDCS has shown great promise in stroke recovery, particularly in the field of neuropsychology. By targeting specific areas of the brain, tDCS can improve motor, cognitive, and auditory function in stroke patients. While further research is needed to fully understand the potential benefits and limitations of this technique, it has the potential to become a valuable tool in the rehabilitation of stroke patients. Working with a trained professional and utilizing tDCS in conjunction with other rehabilitation approaches can help maximize its effectiveness in stroke recovery.

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# BIRDS OF A FEATHER FLOCK TOGETHER?

by Lina Graumann



## HOW IMPORTANT IS SAMENESS OF PERSONALITY IN A ROMANTIC PARTNERSHIP?

Do opposites attract, or do we seek out somebody as a partner that is similar to ourselves? This age-old question engages scientists and people looking for love for a long time already. What makes our somebody special so special, that we pick that exact person over millions of others. Is it related to sameness of personality? The stereotype persists, that couples who

Shanhong Luo from the university of North Carolina Wilmington is a social-personality psychologist and an expert on close relationships. She researched the topic of couple similarity, its mechanisms and consequences. As so often, the question “birds of a feather flock together?”, can’t be answered with a simple yes or no. Luo outlines that it is necessary to differentiate between different areas, and that it might be more applicable to some than others.

One of the areas, where we often seek out somebody similar to us, is age and heritage. We tend to partner up with somebody, who is in the same age range, shares our religion and cultural background. For one part, the shared experiences from growing up with a similar background, living through congruent experiences and sharing values and traditions through religion obviously make it easier to connect and feel understood. But what also shouldn’t be disregarded, it that it is simply easier to meet somebody that is from the same area and in a similar age bracket. Couples can meet in school, at uni, through friends, while doing sports and hobbies. All these situations have in common. That the variety in age and background is often limited. But, in our globalized world with online dating on the rise, the trends go in a direction of greater diversity in couples regarding age and heritage.

have been together for a longer time, somehow start to assimilate, taking on traits from their partners and dressing in a similar manner. After all, this seems logical, if you share a big part of your life with that special someone, you adapt a lifestyle together, right? But do we actively look for somebody akin to us ? Imagine a couple that agrees on

everything and shares all the same values, that seems cosy but maybe not a situation where both partners learn from each other. Now imagine the opposite, a couple that has to discuss every viewpoint and collective activity. That seems far from ideal and quite stressful. So, is there maybe a golden ratio of sameness?





An area where most partners are also akin, are attitudes. These could be attitudes towards risks or family roles, but also attitudes towards politics. So, attitudes can heavily influence our everyday live. Interestingly enough, for values the sameness in partners does not seem to hold such an importance, perchance because values are often something more abstract. When it comes to intelligence and abilities, we tend to match up with somebody similar to use, but the similarities are not as big as for areas such as age and heritage. A fun fact is that, for verbal abilities we do tend to seek out somebody on the same level, seems like we want somebody we can look eye-to-eye in discussions around the partnership!

An especially interesting factor for pairing up seems to be mental health. People who suffer from mental illnesses, tend to choose partner who also suffer from disorders. A mental illness can affect vast portions of your life, so it is essential that your partner is sympathetic and supportive.. Maybe people who themselves have suffered from mental disorders offer a better understanding for the ups and downs a mental illness can bring. Habits and lifestyle are also things we factor in when it comes to partnering up with someone. Even though the association is not as

strong as for areas mentioned earlier. Habits can be exercise or alcohol intake. Makes sense, we all. know these sporty couples and the couples that prefer to stay home with a nice red wine. Things on partners match less than on the aforementioned factors are physical characteristics and personality.

“ **IT SEEMS THAT BIRDS OF A FEATHER DO FLOCK TOGETHER! OPPOSITES ATTRACT SEEMS TO BE MORE ABOUT MAGNETISM THAN ABOUT LOVE.** ”

Wait. what, so what specifically is personality even, if attitudes don't count into it? Psychologically spoken, personality refers to the enduring characteristics and behavior that comprise a person's unique adjustment to life, including major traits, interests, drives, values, self-concept, abilities, and emotional patterns (following the psychological association, 2023). Generally, we can already conclude – alikeness seems to be sexy in a lot of ways! But in which ways does it make us happy, to have the same unique adjustments to life? Taking a

closer look at personality in the psychological sense, there are several factors of personality. Overall, couples who have similar personalities are more satisfied in their relationships, but this doesn't apply to all factors of our personality equally. Being alike can also enhance relationship stability. Extraversion – something that became quite popular in social media – is a trait where it can actually be helpful to not have the same expression as your partner.

What exactly does extraversion mean, in a psychological sense? Let's check the dictionary of the American Psychological Association: “Extraversion is characterized by an orientation of one's interests and energies toward the outer world of people and things rather than the inner world of subjective experience. Extraversion is a broad personality trait and, like introversion, exists on a continuum of attitudes and behaviours. Extraverts are relatively outgoing, gregarious, sociable, and openly expressive” (APA, 2023). So, it seems like it's beneficial for a couple when one of the partners has the courage to call the pizza delivery and order they pizza while the other person brings more of social calmness into the relationship. It seems like extraversion is a trait, where it helps if your partner can balance you out a

bit, which seems very logical. One partner pushes the other to sometimes go out a bit more, and to stand up for themselves, while the other helps their partner to stay grounded and to have some calm and insight once in a while. For other traits, such as openness for experience and conscientiousness, alikeness enhances relationship satisfaction and stability. So, to answer our question from the beginning of the article, it seems that birds of a feather do flock together! Opposites attract seems to be more about magnetism than about love. You and your partner are very different, and now you are scared that

relationship might not work out in the end? Don't worry! Personal characteristics are often more important when it comes to relationship satisfaction. So if you are supportive and understanding, that has a bigger influence on your relationship satisfaction than that you and your partner are equally open for new experiences. There are also some factors that matching personalities can't fix: bad communication, mistrust and lacking willingness to compromise. Appreciate your differences and when then get tough, try to focus on the many things you have in common and the things you've already accomplished

together. And for the singles out there: It is more important how that person makes you feel, and not if you match on personality and have the same sport routine.

“**OPPOSITES ATTRACT SEEMS  
TO BE MORE ABOUT  
MAGNETISM THAN ABOUT  
LOVE**”

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# HOW SPORTS PARTICIPATION NOT ONLY BENEFITS OUR YOUTH BUT THE ENTIRE FAMILY

by Meghan Tai



As discussed in my previous article (THE NUTS AND BOLTS of posture for minors) our concerns for our kids are endless and building self-esteem in kids is yet another concern and is one of the biggest and most important jobs we have as parents and carers. In the article I explained just how our posture provides clues to not only the condition of our bodies traumas and injuries but also how it reflects a child's confidence and how they feel about themselves. With kids, it is even more important to find ways to keep their spirits high as the habits they develop at an early age may very likely stay with them for the rest of their lives. Sports provide a terrific opportunity to help kids grow

“

**SPORT HELPS CHILDREN  
DEVELOP BETTER WAYS TO  
COPE WITH THE HIGHS AND  
LOWS OF LIFE ”**

in Saudia Arabia, for expats you generally lived in compounds, which is a relatively large housing area whereby you have supermarkets, sometimes hospitals, schools and of course sports clubs for the kiddos which were run by the community.

We would involve our kids in the various sports activities that they enjoyed, one of the activities was the football club, so the kiddos would go twice a week for practice and at the end of every season there would be snacks and trophies, every single kid whether they performed well or not, attended or not, whether they were even good team players or not all of the children got the same amount of praise along with the same trophy and certificate.

As I mentioned this is a community run program and possibly doesn't happen in the (real world) yes the real world meaning reality and not fantasy, it may have sounded all very sweet and glamorous but I had a problem with this as where is the growth and learning in that sporting experience for them, disappointment is

psychologically and improve their mental health, which then reflects positively on their confidence and then positively on their posture too. TICK TICK for us as parents RIGHT? So two important aspects I am going to cover in my article are (a) what are the benefits for our children in sport participation which assist us as parents and (b) some parents have an affinity for sports and others do not, so how can we help navigate for the not so sporty parents to assist their kiddos. Well let's look at the benefits, most of us know the importance from a physical standpoint but we are now looking beyond the physical benefits of sports. Sport has many psychological and social benefits for

children, even MORE than physical activity during play. Researches think this is because children benefit from the social aspects of being in a team, and from the involvement of other children and adults. Thankfully sport helps children develop better ways to cope with the highs and lows of life. When they're playing sport, sometimes they will win, while at other times they will lose. Being a good loser takes maturity and practice. Losing teaches children to overcome disappointment, cope with the unpleasant experiences and is an important part of becoming resilient. My husband, kiddos and I were living in the middle east for almost 10 years, both my kiddos were born



part of becoming resilient. When participating in matches, he or she is bound to face failures along with success. These instances will help them see failure and success as two sides of the same coin. He or she will learn to cope better after suffering losses. This will also make them mentally and emotionally resilient and help them face various setbacks in life. Now I know all kids have different talents and abilities and therefore can be positively boosted in their own individual way but there does need to be some form of growth and disappointment in there experiences. Which leads me to my next important aspect of playing sport.... learning to control their emotions and

channel negative feelings in a healthy way. Sport participation is one place where kids can develop and even master emotional intelligence, just think about every time a kid goes out to compete he experiences countless life skills, including working with his teammates, obeying his coach, respecting officials and the opponent and managing his emotions so that he wins and loses with sportsmanship. And all of that usually occurs in just under an hour any day a kid takes to the field. When kids feel confident and have a high degree of self-efficacy, they almost always perform at their highest levels, and when kids realize that they are learning countless life skills while playing sports, they feel better about

themselves and believe they have the skills needed to succeed in life- talk about getting the most out of playing sports!!! What a lot of parents ask is How do we develop emotional intelligence for our kids? Well some suggestions would be to Recap games with your kids and talk about the skills that were used that helped them in the game or practise. Talk about times when you saw your child almost lose his or her cool and how to prevent future breakdowns. Another way is to Talk about all the ways sport skills can be successfully applied day to day, for example developing patience and an understanding that it takes a lot of practice to improve skills.

Children can then apply skills like perseverance and resilience in other areas of their life, including the classroom at school and with other non-sporting hobbies. Another example would be the development of their social skills that they will need for the rest of their life. It helps teach them to cooperate, be less selfish and to listen to other children. Playing in a team gives a sense of belonging, helps make new friends and builds their social circle. When playing a sport you also have to accept a certain amount of discipline, children are expected to follow rules, accept decisions and understand that they could be penalised for bad behaviour, all these skills that will create an incredible base for emotional, social and psychological development.

“ **CHILDREN CAN THEN APPLY SKILLS LIKE PERSEVERANCE AND RESILIENCE IN OTHER AREAS OF THEIR LIFE**

”



So moving on to my second point, offering advice for the parents that are not sporty but would like their kids to be. Research has suggested that providing strong emotional support is the number 1 goal! Make sure your child knows you love them no matter what and do not pressure them to perform to please you. This concept sounds obvious but isn't always easy to do. Providing children with strong emotional support will protect them. Being there for everything is impossible I know, especially if you have more than one child. But knowing that you care and support them is what truly matters to your child. Make time to watch them compete whenever you can, and remember to be FULLY PRESENT which means keeping your phone in your pocket or bag and suggestion is to be knowledgeable, when you are knowledgeable about the game your child

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loves, you can follow the action and provide more meaningful help. You might even enjoy your time on the side more and cheering them on!

Read up on the sport and talk to veteran parents. They can help you with game basics, equipment questions, team and coaching options, and more. It's also important to know the rules of the team, league, gym, and so on. And lastly, not every child can be the best on the team. Being positive doesn't mean being unrealistic, know that they will still gain a great deal from their participation. Even if they don't take home a trophy every time or score the most points, they will learn valuable lessons sometimes more important than winning or being the best could ever each them.



*Family first*



# WHAT IS IMAGINATION?

by Christine Heckel





#### DID YOU KNOW ?

Did you know that some people have a condition called aphantasia that prevents them from visualizing mental images? Despite this, they can still think creatively and solve problems using different mental processes. This highlights the complexity and diversity of human imagination !

Imagination is the ability to form mental images, ideas, or concepts that are not present in our immediate environment or are based on our past experiences. It involves the creation of new ideas or the combination of existing ideas in novel ways.

Imagination allows us to explore hypothetical situations, consider multiple possibilities, and develop new perspectives. It is a crucial aspect of human creativity, problem-solving, and innovation. Imagination is also important in areas such as language development, emotional regulation, and social interaction.

## WHAT ARE BENEFITS OF IMAGINATION?

Imagination has numerous benefits for individuals of all ages. Here are some of the key benefits:

1. **Creativity:** Imagination enables individuals to create new ideas and concepts that may not exist in reality. It is the foundation of creativity, which is essential for innovation and problem-solving.
2. **Cognitive development:** Imagination helps to develop cognitive skills such as reasoning, problem-solving, and decision-making. It also fosters the development of language, memory, and attention.
3. **Emotional development:** Imagination provides an outlet for emotions, allowing individuals to explore and express their feelings in a safe and non-threatening way. It can also help individuals to develop empathy and compassion.
4. **Social development:** Imagination helps individuals to understand and navigate social situations. It allows them to take on different perspectives and develop a sense of empathy and understanding for others.
5. **Stress relief:** Imagination can provide a source of stress relief by allowing individuals to escape from the pressures of everyday life and engage in a relaxing, enjoyable activity.

**“OVERALL, IMAGINATION IS A VITAL ASPECT OF HUMAN DEVELOPMENT AND HAS NUMEROUS BENEFITS FOR INDIVIDUALS IN ALL AREAS OF LIFE.”**



## IMAGINATION IN PSYCHOLOGY AND PSYCHOTHERAPY

Overall, imagination is a valuable tool in psychology and psychotherapy, helping individuals to access and express their emotions, develop coping skills, and promote healing. An imagery and sound journey is a guided meditation that uses visual imagery and sound to help individuals to relax, reduce stress, and explore their inner selves. It typically involves a facilitator or guide who leads the journey and uses descriptive language and calming music to create a peaceful and immersive experience. During an imagery and sound journey, individuals may be asked to close their eyes and imagine themselves in a peaceful and calming environment, such as a beach or a forest. The guide may then describe the environment in detail, including the sights, sounds, and sensations that the individual may experience.

Sound is often used in conjunction with visual imagery to enhance the experience. This may include calming music, nature sounds, or even the sound of the guide's voice. The sound is used to create a soothing and immersive environment that helps individuals to relax and let go of stress and tension. The imagery and sound journey can be used for a variety of purposes, including stress reduction, relaxation, and personal growth. It is often used in mindfulness practices, meditation, and other forms of holistic health and wellness.

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ALI MEEHAN

by Lina Graumann

(Ali Meehan is originally from Herne Bay in Kent in the UK] After 17 years of working in a legal practice in the UK, I decided in my 30s to explore the world. I packed up my life and headed to Australia, where I spent time living and working in Sydney. However, I received news that my father had been diagnosed with Alzheimer's. It was time to move back to the UK to be with my family.)

Ali, so great to meet you! Throughout your life, you were on the move a lot, would you mind walking us through the different stations of your life?

Travelling and living overseas can change you! When i got back to my job at the law firm, i had realised that i wanted to change my career. I was headhunted for a job in another part of the UK, in Surrey. The job was in an export company, something completely different to the law. Working with them for five years gave me the opportunity to continue indulge in my wanderlust. We had clients all over the world, which gave me the opportunity to not only expand my professional network but also broaden my cultural horizons.

Five years on, I had the opportunity to work for a Business Development Consultancy who were headquartered in the Middle East. On my first day, the innovative owner stunned me with his forward-thinking announcement - he had just been to an e-business seminar and declared nobody was going to work from offices anymore, every-

body was going to work remotely. The owner appointed me as a Director of the company and I began working from home In 2000 to work online you had to live within so many yards of the telephone exchange, otherwise you couldn't get fast enough internet.

In 2002, I met the man who is now my husband, and he was already living in Fuengirola, so my remote working space became Spain. 2004 marked a new chapter in my career. when the company welcomed a new CEO. They asked me whether I would be willing to move out to the Middle East to help him with the company orientation. So, we moved to Dubai. The pace of work was intense and demanding and after five whirlwind years, we left Dubai with invaluable memories and new skills and cultural experiences. A friend we met in the meantime asked us whether we would be willing to move and work for his company in Thailand which we did for a nearly a year. In 2002, working from home was lonely as there were limited opportunities for social connections. With no mainstream social media, I was inspired to create a platform where I could make friends.

“ **WHEN I GOT BACK TO MY JOB AT THE LAW FIRM, I HAD REALISED THAT I WANTED TO CHANGE MY CAREER.** ”

Hence, when we went to Spain in 2010 I started "Costa Women," a community for women to connect and build friendships. The name was limiting as it quickly attracted women from various parts of Spain, including Madrid which is not on any coast! My mistake was thinking small and starting small rather than starting small but thinking big. Today, the community has grown to 38 locations with regular meet-ups happening in 20 of them on a monthly basis, providing a supportive network for women all over Spain. I wanted to include ex-pat women but also Spanish women. The community has expanded to 137 nationalities!

Let's say I recently moved to the Costa del Sol for work-related reasons. What can Costa Woman offer me as a Spain newbie? As the founder of Costa Women, I'm proud to say that our community offers a unique blend of both social and business connections for women in Spain. Every week on the Costa del Sol,

and monthly in other parts of Spain, we host a variety of social events that provide an opportunity for you to expand your network, make new friends, and share hobbies. But it's not just about socialising, we also provide a platform for business connections with at least two local events and one online event every month. with at least two local events and one online event every month. Our diverse meet-ups in different locations and at various times make it easy for you to promote your business and gain valuable information. Our goal is to help enhance your life in Spain, especially for those with families in different countries.





**Can you tell us about one instance where connections from Costa Women inspired you?**

*I had some feedback, actually last week, from a lady who shared how much of a difference it's made to her. She hasn't moved yet, she's in her seventies, but her knowing that she was going to meet friendly women when she gets here. And that she was going to feel safe, and that she could ask questions about where she was moving to, and she could start finding other women who were living there. It's those sorts of comments I get - also from other women who were thinking about moving back to their home countries, because they were feeling so lonely, and then they found Costa Women and it's given them new friends, new activities, new ideas, and they feel more at home in Spain. It's quite hard when you first move here, because it is not the same as being on holiday.*

**When you reflect on your past years in Spain, your beginning but also your re-beginning, is there something you wish you would have done differently?**

*Learn Spanish! So, I started learning in 2002, we left in 2004, and then I didn't speak Spanish again until we returned in 2010. So, I've forgotten most of what I've learned and then it was quite hard to get back into the routine of learning Spanish again. Spain was never really on my radar - it wasn't anywhere I thought of living, I probably would have lived in France, and I had never thought about learning Spanish. So I was never prepared by learning before the move.*

**If you could talk to your former self, before moving to Spain, what advice would you give yourself?**

*I like to tell people, Spain isn't wrong, it is just different. As someone who has navigated the bureaucracy in Spain, I know firsthand how frustrating it can be. But here's the thing, it's just the way things are done here and getting worked up over it won't change anything. So, it's about to not sweat the small stuff and to accept that that's the way Spain does it, and that if we want to live here, that we have to accept that that's the way things are. So, my advice is to let go of what you can't change and focus on enjoying your life here.*

“ SO, MY ADVICE IS TO LET GO OF WHAT YOU CAN'T CHANGE AND FOCUS ON ENJOYING YOUR LIFE HERE. ”

**In which regard, have you adapted the Spanish way of working, and in which regard could you never imagine doing it the Spanish way?**

*I don't work Spanish hours, we tend to have a fairly Spanish life. We hardly eat in English restaurants. It's a laid-back lifestyle that allows us to appreciate the present moment and enjoy the little things in life. And that's what we embrace as foreigners living here in Spain. It's a refreshing change from the fast-paced worry-filled lives we had in our life in Dubai. The Spanish way of life has taught us to slow down and enjoy the journey, rather than just focusing on the destination. We embrace this new way of life and wouldn't want it any other way. I think people sometimes forget why they moved to a country. They moved there because they loved the way that country was, and sometimes we can all be a bit guilty of forgetting what we loved about our new home. Obviously, there are some things that we bring with us, we bring our own culture, we bring our own ideas, but sometimes it's good to look at why other countries do things the way they do them and maybe take some of those on board. So to say, bring an open mind on to your journey.*

**Do you mind telling us a little bit about your family?**

*My husband has got two children and five grandchildren, so I'm a step-grandmother. My step-daughter lives in the US, in Florida, and my step-son lives in the UK. So we've got three grandsons in the UK and we got a granddaughter and a grandson in Florida.*

**Wow, so internationality is present in nearly every aspect of your life!**

*Yeah!*

**“ SO TO SAY, BRING AN OPEN MIND ON TO YOUR JOURNEY. ”**

**You are working as a growth-coach, can you explain your field of expertise to our readers?**

*I think foundations are key to having a successful business. I think we are all a bit guilty, of seeing what other people are doing and just jumping in and starting something without doing the proper research and without spending the time to find out if there is a market for our product or service, and who our customers are going to be, and then building that product or service to meet those needs. Additionally, I help them create business rituals, and seeing whether we can improve those and put in place processes to support growth and ensure they have a stable foundation to build on. This way, they can avoid feeling overwhelmed and instead have a clear path to build that growth and success.*

**What does business ritual mean?**

*So, a business ritual is not something like burning a candle or what you might think about when hearing ritual. It would be things like looking at your social media on a regular basis and seeing if you can see any trends in what you're sharing. It's super important to know who your audience is, and target your products and services to that particular audience. And also to see if your actions are bringing in income. Unless we got an analytical brain, we don't like analysing and looking back, because that can be quite scary. However, it's so important in business, seeing where your customers are coming from, where you are getting your income from, and then you can tweak it and adapt it, and we do that on a regular basis. We also have 90-day planning; that's one of the business rituals to map out what we want to be, do and have for the next 90 days. 90 days is long enough to test (say) a new social media strategy but not too long to tweak it or change direction. I've already planned for my next 90 days.*



*I've put all my meetings in, I've chosen the day when I'm going to be talking to most people, I've worked out which courses I'm going to give over the next 90 days, I know which events I'm running, so I have a more focused look at the whole month, and then I can slot other things in around it. At least I know what I'm going to do for the next 90 days and where I'm going to be generating income.*

**How did you start your business, what inspired you to take up coaching?**

*Tina Wilen started the Avenue for Growth program herself. I loved what she was doing as a growth coach and that developed into me being a partner in her business. And I just love the fact that it is very foundational, don't be afraid to put in the work upfront, it'll pay off in the end. because taking the time to research and plan out your business, means you can then jump in with both feet and know that you are making an informed decision. Research is really important before you make that investment. Because you are making an investment, even if it is your time, your time is money.*

**How do you balance business and family?**

*It is quite difficult because I have Costa Women and I have my growth coaching business. So, it is quite difficult to balance the time. I have my own rituals like choosing one day a week where I have all my meetings,*



*so that I'm not driving all over the place. Also to take time out to work on my business rather than just in my business. To have one day per week where I'm not 100% working, that I'm just relaxing a bit and reading and catching up with friends and family. I try to go out for a walk at least once every day, so that I'm leaving my home, otherwise I'd be stuck in the house too much, and I think you need to escape and clear your head. I also have a Friday ritual, where I look back on the week at what I've done and celebrate, and not say, oh I didn't manage to do this, this and this, I celebrate the fact that I have done something. I then close the diary for the week and plan the following week. So, I don't leave the end of the week without planning the next week, so I know where I'm heading. So, I don't open the diary on a Monday morning, thinking, oh no what am I doing this week?!*

**Besides going for walks and keeping a diary, what other tips do you, as a remote-working pioneer, have for us?**

*I wanted a diary that gave me all the tools I wanted, so I created my own. So, this is the fifth year that I produced it. I would also say, to actually schedule time in your diary for certain things, like reading for your business. Not like reading novels, but reading about experts that work in your business that can motivate you. Make sure you have time to learn, because we are always learning, I believe we are sent here to learn, so we are always learning.*

Things change so much, particularly social media, it seems to change every day, something different comes up. Making sure, that you have time to learn about new things in your industry and also to network with people who can support your business dreams. And having a separate area for your business, even if it's a small area, where you can mentally shut the door on it. It may not be physically shutting a door, but for example closing the lid of your laptop and walk away from it, so you are not constantly working all the time. When I worked remotely before, I was fortunate enough to have a special space for my desk, so that meant I could leave the room where my desk was in. But that's not always physically possible, so it really is to give yourself that boundary. Boundaries are really important. I always have a word of the year, "boundaries" is my second word this year. I think it's really important that we create boundaries for ourselves, particularly in business and social life.

**Boundaries surely is something a lot of people struggling with, when lacking that physical change of scenery, the way to and from work.**

I once heard of somebody who would dress for work, and I think that's important to actually get dressed in the morning, to not wear your pyjamas but to get physically dressed for work. This person got dressed in the morning, then actually walked out the front door, around the block, and then came back in the front door again, and was like, right, now I'm in work mode, sat down at the computer and worked. And then did the same at the end of the day, and it was like creating a ritual, this is my workspace, right now I'm at work, right now I'm going to walk through that door, and come back in and now it's my home space. And I think that's quite an interesting and fun way to take a walk in the morning, but also creating a space in your mind for your work.

**Has your relationship to health and self-care changed over time?**

I think as we get older, it becomes more important. Maybe as our health is more in the forefront, as we think about long term health. I make sure to go to pilates twice a week, which is also a good Spanish lesson for me, because pilates is all in Spanish. So, I have to be mindful and switched on, my thoughts can't be anywhere else, because I need to concentrate. So that's a good tool for me, for both exercise and learning. Walking as well. My husband and I became vegetarian in the last year and a half for health reasons, and that has made a big difference to my life as well. I think probably things have changed a lot, working from home it can be really easy to just sit at the computer all day and not move, and it is very important to get up and walk about, even if it is just in your apartment. Just to get a few steps in and get away from the computer for a little bit, not being focused on the computer all the time.



**Ali, what does the future hold for Costa Women and for you personally?**

I have launched a gratitude diary and a journaling book, which I've not done before, so that's a bit of fun. In 2022 I read the book 'The Artists Way' by Julia Cameron and started journalling first thing in the morning. And I will be doing my growth coaching course again in this quarter. In the summer, we are going back to the UK for the first time in four years, so that will be good to catch up with friends and family that we haven't seen for a while. 2023 is all about keeping growing what I'm doing, and to keep learning. That's one of my focuses this year, to keep learning new things and new ways of doing things as well, because I think that also keeps you young too.

**Was “boundaries” your word for 2022 or is it your word for 2023?**

So, my word for 2023 is actually “nurture”, but I got “boundaries” as a sub word. I allowed myself two focus-words this year. I think it’s fun to have a word for the year. And it’s amazing how they take on a life of their own. I once had a word which was “effortless”, and halfway through the year I got really bored, because everything was kind of effortless. And I didn’t really have to make an effort. So I recommend people find books about the word, and watch YouTube videos and create Pinterest boards, and listen to podcasts, all about that specific word. And it really embeds into how you want to live your life.

**Do you have a special process for choosing your word for the year?**

I start thinking about it in November time, and start looking for words, so maybe a lot of things pop up on my radar, or I hear a word many times, or I see some quotes. And it also fits in line with my goal for the year. I don’t have that many goals, because I think we can all be a bit guilty of having like top 10 things we want to achieve, and then we get depressed by February because we haven’t found a way of achieving them. That’s also why the 90-day planning is good, because for the 90 days you only focus on one goal and put in place action steps to get there (however small) and that avoids overwhelm too. It’s also a good idea to check what the negative side of the word is too. So, what the opposite of that word is and to look up synonyms as well, to see what other similar words mean. To really see whether that word fits, maybe sit with the word a little bit and see whether it feels right to you.

**Is it a way for you, to create a self-fulfilling prophecy?**

Yes. It’s a start to putting in place the ideas and tools to get to help it come true. So, for me specifically to nurture myself in 2023 and what I’m working on, my business but really all areas of my life.

Lina Graumann  
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**Do you mind telling us your word for the year 2022?**

My word last year was “sowing”, in the sense of sowing seeds. So, sowing things for the year and sowing things I wanted to happen in the future.

**What a nice flow, to go from sowing seeds to nurturing the seedlings! Now to a heavier subject: Is the ongoing war in the Ukraine something that resonates in Costa Women?**

Quite a lot of new members from the Ukraine have joined us since they’ve moved to Spain, and we have some inspiring members who opened up their homes to Ukrainian refugees when they first moved over. We have a group on the community website for women that are supporting refugees in general, to help them find jobs and support them overall. We raised money for a Ukrainian orphanage as well. It’s been very much in the forefront of things. Also supporting women that are from the Ukraine with their businesses here.

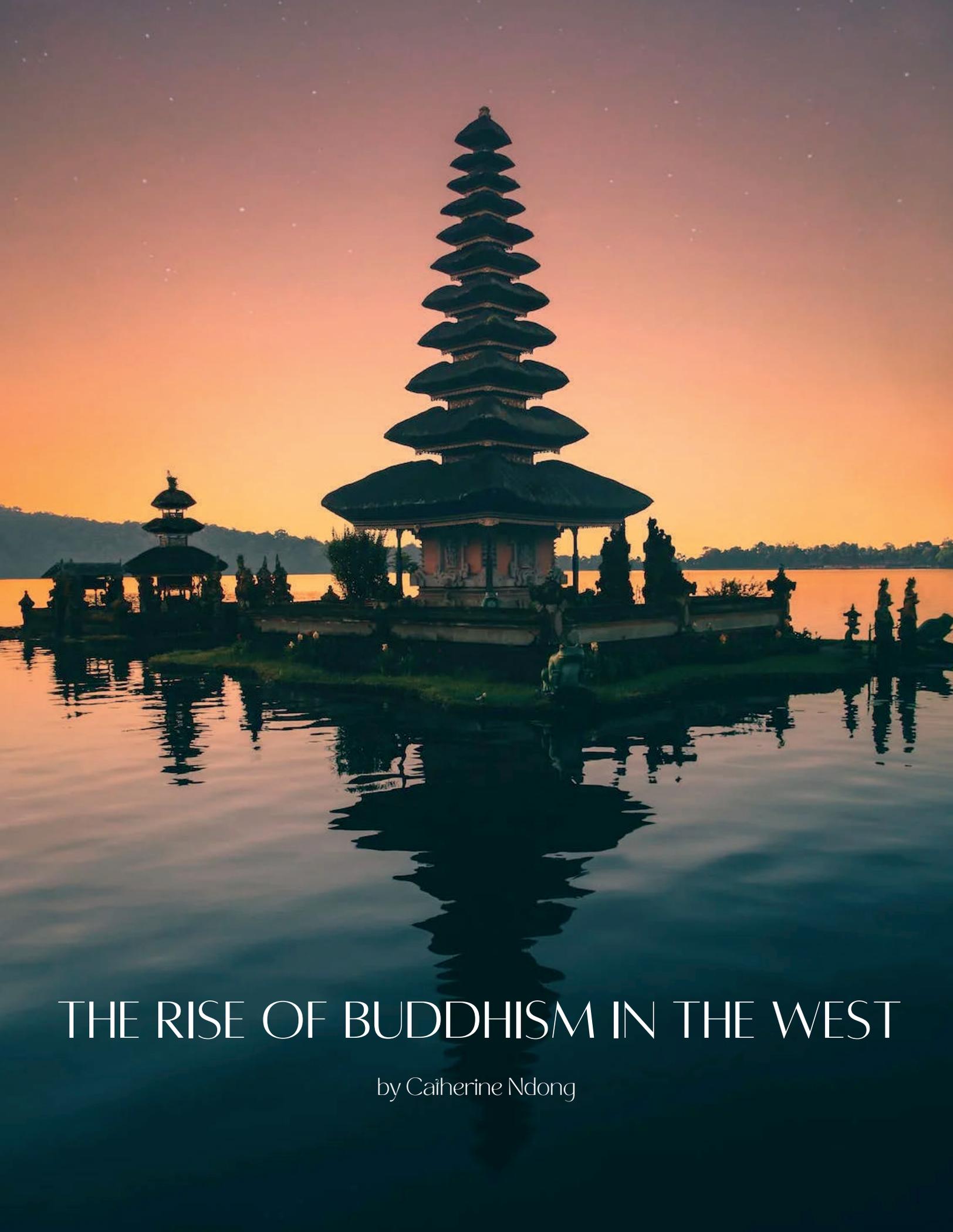
**Is there anything you want to address, which we haven’t talked about so far in the interview?**

Costa Women is a free community! So you are welcome to sign up at our website [www.costawomen.com](http://www.costawomen.com), we do have paid parts of it for businesses but the actual community itself is free. I also want to say: Be kinder to yourself about your life in Spain! You may not feel like you are a 100% part of it yet, but it will soon grow on you.

**Thank you very much for the Interview Ali!**







# THE RISE OF BUDDHISM IN THE WEST

by Catherine Ndong

*Discover yoga*



**Nerja Yoga**

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Buddhism, one of the oldest religions in the world, is rapidly gaining popularity in the West. With its emphasis on compassion, mindfulness, and meditation, Buddhism has attracted millions of followers in the Western world in recent years. The reasons for the surge in interest in Buddhism are numerous and complex, but it is clear that Westerners are finding much to appreciate in this ancient Eastern tradition. The history of Buddhism in the West dates back to the early 20th century,

This was in part due to the popularity of meditation, which had become a mainstream practice in the West. Many people saw Buddhism as a way to deepen their meditation practice and find inner peace.

At the same time, a number of Western teachers began to emerge, who had themselves studied Buddhism in Asia and had now returned to teach in the West. These teachers, often referred to as "Western Buddhist teachers," brought a unique perspective to the practice of Buddhism. They were able to translate the teachings of Buddhism into a language and a cultural context that was more accessible to Westerners.

Today, Buddhism is one of the fastest-growing religions in the West. There are now hundreds of Buddhist centres and communities throughout Europe and North America. Many of these centers offer meditation classes, talks on Buddhist philosophy, and retreats for those seeking to deepen their spiritual practice.

One of the reasons for the appeal of Buddhism in the West is its emphasis on personal transformation. Rather than being a religion that is focused on worship, Buddhism is a path of self-discovery and personal growth. Many Westerners are drawn to the idea that they can take responsibility for their own spiritual development and find a sense of inner

when a few pioneering Westerners first encountered Buddhism in Asia. These early Western Buddhists, such as the British scholar Sir Edwin Arnold and the American Theosophist Henry Steel Olcott, were drawn to Buddhism's emphasis on compassion and inner peace. They saw in Buddhism a spiritual path that offered a practical solution to the suffering and confusion of modern life. Over the following decades, more and more Westerners became interested in

Buddhism. Many of these early Western Buddhists were attracted to the teachings of the Tibetan spiritual leader the Dalai Lama, who began touring the West in the 1970s. His message of compassion and nonviolence resonated with Western audiences, and he quickly became a popular spiritual figure. In the 1980s and 1990s, interest in Buddhism continued to grow in the West, particularly in the United States.



peace and contentment. Another reason for the popularity of Buddhism in the West is its compatibility with scientific inquiry. Buddhism does not require blind faith or belief in supernatural forces. Rather, it offers a practical and rational approach to

## WHAT IS BUDDHISM?

Buddhism is a religion and philosophy that originated in ancient India around 2,500 years ago. It was founded by Siddhartha Gautama, who became known as the Buddha, which means "the awakened one." At the heart of Buddhism is the Four Noble Truths, which are the foundational teachings of the religion. The Four Noble Truths state that suffering exists, that the cause of suffering is craving and attachment, that it is possible to end suffering, and that the path to the end of suffering is the Eightfold Path. The Eightfold Path consists of eight practices that Buddhists follow in order to end suffering and achieve enlightenment. These practices include right understanding, right intention, right speech, right action, right livelihood, right effort, right mindfulness, and right concentration. Buddhism teaches that all life is interconnected and that the ultimate goal of religion is to achieve enlightenment or the state of awakening that allows one to see the true nature of reality. This is achieved through the practice of meditation, mindfulness, and ethical living.

One of the most important aspects of Buddhism is the concept of impermanence, which teaches that all things are constantly changing and that attachment to anything that is impermanent will ultimately lead to suffering. There are many different schools of Buddhism, each with their own unique teachings and practices. Some of the most well-known schools include Theravada Buddhism, Mahayana Buddhism, and Tibetan Buddhism. Today, Buddhism is practiced by millions of people around the world, particularly in Asia. However, in recent years, it has also gained popularity in the West, with many people finding in its teachings a practical and accessible path to inner peace and personal growth.

There are several reasons why Buddhism has been successful in the West in recent years. One of the main reasons is that Buddhism offers a practical and accessible path to inner peace and personal growth. Many Westerners are drawn to the idea that they can take responsibility for their own spiritual development and find a practical and rational approach to spirituality. Another reason for the popularity of Buddhism in the West is its compatibility with scientific inquiry. Buddhism does not require blind faith or belief in supernatural forces. Rather, it offers a practical and rational approach to spirituality. This has made it particularly attractive to those who are skeptical of traditional religions or who are seeking a more rational approach to spirituality.

spiritual practice. This has made it particularly attractive to those who are skeptical of traditional religions or who are seeking a more rational approach to spirituality.

The emphasis on meditation and mindfulness is another reason why Buddhism has been successful in the West. Meditation has become a mainstream practice in the West, and many people are drawn to Buddhism as a way to deepen their meditation practice and find inner peace. The growing interest in Eastern spirituality and philosophy is also a factor in the success of Buddhism in the West. Many Westerners are curious about Eastern religions and philosophies and are drawn to the teachings of Buddhism as a way to explore these traditions.

In addition, the availability of information and resources on Buddhism has made it more accessible to Westerners. There are now hundreds of Buddhist centres and communities throughout Europe and North America, offering meditation classes, talks on Buddhist philosophy, and retreats for those seeking to deepen their spiritual practice.

Finally, the popularity of the Dalai Lama has played a significant role in the success of Buddhism in the West. His message of compassion and nonviolence has resonated with Western audiences, and he has become a popular spiritual figure, helping to increase interest in Buddhism among Westerners.



## MINDFULNESS AND YOGA, FAMOUS PRACTICES



Mindfulness and yoga both have their roots in Buddhism which teaches that the ultimate goal of the religion is to achieve enlightenment or the state of awakening that allows one to see the true nature of reality. Mindfulness is an essential part of Buddhist practice and is considered one of the seven factors of enlightenment. Buddhists practice mindfulness meditation, which involves focusing on the present moment and paying attention to one's thoughts, feelings, and sensations in a non-judgemental way.

Yoga also has its roots in ancient India and is closely related to the spiritual practices of Hinduism and Buddhism. In Buddhism, yoga is considered a physical practice that is used to prepare the body and mind for meditation. The postures, or asanas, are designed to help practitioners sit comfortably for long periods of time in meditation, while also improving strength, flexibility, and balance. Over time, yoga has become a more mainstream practice in the West, and many people now practice yoga purely for its physical

benefits. However, the spiritual and philosophical aspects of yoga are still an important part of the practice for many practitioners, and the connection between yoga and Buddhism remains strong. In recent years, mindfulness and yoga have become popular practices in the West, with many people seeking to incorporate them into their daily lives as a way to reduce stress and improve overall well-being. While these practices have been adapted and modified for a Western audience, their roots in Buddhism are still evident, and they continue to offer powerful tools for spiritual growth and self-awareness. Mindfulness is the practice of being fully present and engaged in the present moment, without judgment or distraction. It involves paying attention to your thoughts, feelings, and physical sensations in a non-judgemental way, with an attitude of curiosity and openness. Mindfulness can be practiced through meditation, but it can also be applied to everyday activities such as eating, walking, or even working.

The benefits of mindfulness are numerous, including reduced stress and anxiety, improved focus and concentration, and greater emotional regulation. Mindfulness has also been shown to improve overall well-being and happiness. Yoga, on the other hand, is a physical and spiritual practice that originated in ancient India. It involves a series of postures, known as asanas, that are designed to improve strength, flexibility, and balance. Yoga also involves controlled breathing, meditation, and relaxation techniques.

The benefits of yoga are also numerous, including improved physical health, reduced stress and anxiety, and greater emotional well-being. Yoga has also been shown to improve sleep, boost immunity, and even reduce symptoms of chronic pain, and depression.





Mindfulness and yoga are often practiced together, as both involve cultivating awareness and present-moment experience. In fact, many yoga classes now include a mindfulness component, encouraging students to focus on their breath and sensations during the practice. Overall, both mindfulness and yoga offer numerous benefits for physical, mental, and emotional health, and are increasingly popular practices in the West as a way to promote overall well-being and balance.

In conclusion, Buddhism's success in the West can be attributed to a variety of factors. The religion's practical and accessible path to inner peace and personal growth, compatibility with scientific inquiry, emphasis on meditation and mindfulness, and availability of resources have all contributed to its popularity.

Additionally, Buddhism's rise in the West reflects the growing interest in spirituality and personal growth in Western society. As more people continue to discover the benefits of Buddhism and incorporate its teachings into their lives, its popularity is likely to continue to grow.

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Your letters  
Our answers





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*The "Letters from our Readers" is our most beloved category - a place where we take time for you and your questions about health, wellness, and mental health. Taking care of yourself can be a daunting task, and that's why we're here to help. So, if you have a burning question or just need a little guidance, feel free to write to us at: [communication@therapiesmagazine.com](mailto:communication@therapiesmagazine.com).*

Hi, Therapies Magazine,

I am Lina and I want to share my story with you all. I'm going through a tough time with my mental health, and I feel like I've hit a wall. I've tried to get help from friends and family, but nothing seems to be working. I am considering going through medication, but I would like to avoid it. That's why I'm turning to you, Therapies Magazine. I'm hoping you can offer me some guidance and support as I navigate through this tough time. I'm really counting on your advice.

Thanks,

Lina

Dear Lina,

Thank you for sharing your concerns with us. Lina. We are sorry to hear that you are going through a tough time with your mental health. We understand that it can be a challenging and overwhelming experience, and we're here to support you. There are many non-medication therapies that can be effective like counseling, and other forms of talk therapy can help you work through your issues and develop coping strategies. In addition to talk therapy, you may want to consider mindfulness practices like meditation, yoga, and deep breathing exercises can be helpful in reducing stress and anxiety. Physical exercise can also be beneficial. If you do decide to pursue medication, it's essential to work closely with a mental health professional who can help you find the right medication and dosage for you. We encourage you to reach out to a mental health professional or a support group in your area. They can provide you with personalized guidance and support as you navigate through this challenging time.

Remember, you're not alone. There is hope and help available.

Take care of yourself, and we wish you all the best in your journey toward mental wellness.

Dear Therapies Magazine,

I am Morgan and I'm 27. I'm writing to you today because I'm feeling really stuck and lost in my life right now. I've been working at the same job for years, but it doesn't feel right to me anymore. I feel like I'm not living up to my values and what I truly want out of life. I know that I want to quit my job and start a new life, but I'm too scared to take the first step. I'm afraid of what I will leave behind and what I will find on the other side. I don't know where to start and I feel like I'm just spinning my wheels. I really need help figuring out how to make a change in my life. I want to find something that aligns with my values and brings me fulfillment, but I don't know where to start. I'm hoping that therapy can help me gain clarity and the courage to take the first step towards a new life.

Thank you for listening,

Morgan

Dear Morgan,

Thank you for reaching out to us and sharing your story. It's understandable that leaving a comfortable job or life can be scary, but it's important to remember that we are capable of big things and that it's okay to take risks to create the life we want. Also trying new activities is part of life and we should never stop exploring!

It sounds like you have a strong desire to live in alignment with your values and to find fulfillment in your work. Starting fresh in a new job or even a new life in a new country can be a great way to gain perspective and connect with what truly matters to you. Additionally, taking a gap year or some time off to reconnect with yourself can also be a helpful step toward creating a more fulfilling life. It's important to respect your values and prioritize your own well-being, even if it means taking a step back to reassess your path. We also strongly recommend to take an appointment with a professional to enable you to understand what you truly want in your personal and professional life.

We encourage you to trust yourself and take small steps toward creating the life you want. Remember that change can be scary, but it can also be incredibly rewarding. Our therapists are here to support you along the way if needed.

Best regards.

Hi,

I'm Gabriela and I'm really struggling with my mental health right now. I'm dealing with post-traumatic stress disorder (PTSD) from a traumatic event that happened to me a few years ago. It feels like I'm always on edge and I can't shake off the memories of what happened. I've tried going to therapy before, but I never felt like I could fully open up to my therapist. I'm scared to talk about what happened and I don't want to be judged. But I know I need help, and I don't know where to turn. I'm hoping that Therapies Magazine and Therapists can help me. Do you have any advice on how to find a therapist that I can trust? How can I overcome my fears and talk about my trauma? I'm just so tired of feeling like this all the time.

Gabriela

Hello Gabriela,

Thank you for reaching out to Therapies Magazine. We understand that dealing with post-traumatic stress disorder (PTSD) can be incredibly challenging, and we're here to support you. It's understandable to feel scared and unsure about opening up to a therapist, especially when it comes to talking about a traumatic event. However, finding a therapist that you feel comfortable with and can trust is essential for healing and recovery. It's important to remember that therapy is a safe and confidential space, and therapists are trained to be non-judgmental and supportive. You can take things at your own pace, and it's okay to talk about your trauma in a way that feels comfortable to you. There are also various therapy modalities specifically designed for PTSD treatment, such as Cognitive Processing Therapy (CPT) or Eye Movement Desensitization and Reprocessing (EMDR). These therapies can be effective in helping you work through your trauma and manage PTSD symptoms. It's essential to remember that healing from PTSD takes time, effort, and support. We encourage you to seek out therapy and other resources to help you on your journey toward recovery.

Remember, you're not alone, and we wish you all the best on your path toward healing.

Best regards.

PS: Be gentle towards yourself.

Hey everyone,

My name is Noah and I'm not really sure where to begin. I've been struggling with anxiety and depression for as long as I can remember, and I feel like I've reached a breaking point. I've tried everything - medication, mindfulness exercises, professionals and nothing seems to be helping. I feel like I'm just existing, rather than living, and it's taking a toll on me.

That's why I'm reaching out to Therapies Magazine and the therapists, here. I know there's no quick fix to my problems, but I'm hoping you can offer me some guidance and support to help me through this. I'm scared to take the first step, but I know I can't keep going on like this. Thank you for listening.

Noah

Hi Noah,

Thank you for reaching out to us and sharing your story. What you describe seems more like bipolar symptoms. We understand how hard it can be to deal with anxiety and depression, and we're here to offer you our support.

We understand that scheduling an appointment with a professional can be daunting, but we encourage you not to fear it. Our therapists have an objective point of view and are here to help you work through your struggles in a safe and non-judgmental environment.

In addition, we recommend exploring natural forms of therapy, such as lithotherapy and magnet therapy, as these can also be helpful in reducing stress and anxiety. Magnet therapy helps us understand energies, and energies say long about ourselves and can solve hidden problems and traumas we have.

Remember, you are not alone in this journey. We're here to support you and help you on your path to healing.

Best regards.

**[communication@therapiesmagazine.com](mailto:communication@therapiesmagazine.com)**.



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## GETTING MARRIED IN SPAIN

**G**etting married is a magical and unforgettable moment in anyone's life. However, planning a wedding in a foreign country can be quite overwhelming, especially when you are an expat. Spain, with its stunning scenery, rich culture, and romantic atmosphere, is a perfect location for a dream wedding.

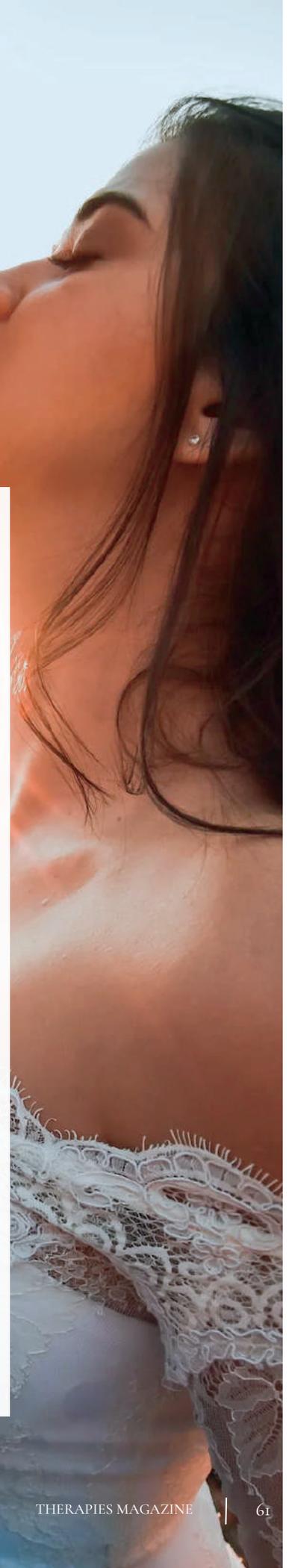
Here are some tips and advice to know before saying "sí" to your Spanish wedding!

In Spain, both civil and religious marriages are considered legal. However, both parties must be over 18 years old and give their consent to marry. If you wish to get married civilly in Spain, you must be a legal resident of Spain for at least two years before the marriage or be a Spanish citizen. In the case of a religious marriage, required documents include a pre-nuptial application, baptism, communion, and confirmation certificates, a letter of eligibility to marry from the priest of your parish, and special permission

from the bishop sent by your priest or local archbishop. Once you have gathered all the necessary documents, you must present them at the local civil registry office for your civil marriage application or at the church of your choice for your religious marriage application.

After that, a public announcement of your intention to marry will be posted on a consular notice board for a period of 15 to 21 days. After this period, you can obtain a marriage license from the clerk's office. The complete process for a civil ceremony takes about 30 to 50 days, so you will need to plan to be in Spain at least a month before your wedding.

As for costs, a civil ceremony will incur fees for obtaining certain forms, such as the consular document showing no impediment to marriage. Costs vary, but it is important to note that for a religious ceremony, you will likely have to pay similar fees for obtaining forms and administrative fees of around €250 for the church.





One of the highlights of getting married in Spain is the food. Spanish cuisine is world-renowned, and your wedding guests will love the chance to sample some of the country's delicious dishes. From tapas to paella, there is something for everyone. If you want to take your wedding banquet to the next level, consider hiring a catering company that specializes in fusion cuisine, combining traditional Spanish dishes with flavors from around the world.

The Spanish climate is also a huge plus for any wedding. With more than 300 days of sunshine a year, you can plan an outdoor ceremony or reception without worrying about the weather. The stunning coastline and beaches of Spain also offer plenty of opportunities for a beach wedding or a seaside photoshoot. To make your wedding even more special, consider incorporating some of Spain's romantic traditions into your ceremony.

For example, the bride can wear a mantilla, a lace veil that drapes over the head and shoulders, while the groom can wear a traditional Spanish suit.

A flamenco performance or a live band playing Spanish music can also add a touch of local flair to your wedding celebrations.

Ultimately, getting married in Spain can be an unforgettable and romantic experience. However, it is important to consider all the administrative details and ensure that all necessary documents are gathered before the wedding date. By following these steps, you can say "sí, quiero" with peace of mind and enjoy your special day in one of the most beautiful countries in Europe.

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MUSIC

# SAMUEL ASENCIO ZORRILLA

Samuel, so great to know you! Could you please provide us with a brief summary of your background in music and personal history?

*Of course, I started playing the piano when I was eight years old and the next thing I know, making music made me happy the most. Some years later I participated in several piano competitions, not only national but also worldwide, winning first prizes in some of them. For instance, the first prize and the award for the best malagan pianist in the first and the second international piano competitions from the FIPMA (Festival Internacional de Piano de Málaga). Moreover, I have received classes from the most prestigious pianists in the world like Boris Berman, Alexander Kobrin, Eduardus Halim, Pavel Nersessian, Antonio Pompa-Baldi, Dina Parakhina, Klara Würtz, Josu de Solaun, Juan Lago, Leonel Morales, in addition to my usual teachers, who are Daniel Ábalos, Antonio Ortiz and Ángel Sanzo. On the other hand, I've recently participated in a well-known piano festival dedicated to Esteban Sánchez, the best Spanish pianist in history, having the chance to offer my first piano recital. Currently, I'm finishing my career in Badajoz studying with one of the most recognized teachers and pianists in Spain, Ángel Sanzo.*

Wow, what a journey! And who are some of your most significant musical inspirations or mentors that have influenced your career?

*One of my huge inspirations has been my teacher Daniel Ábalos, who is currently teaching in the Conservatory of Music "Manuel Carra" in Málaga, he is one of the best teachers I have ever met and I really recommend him to study piano with because thanks to him I am able to make music and do not only play notes. Nevertheless, there are some pianists that I keep watching on social media who are very interesting and have inspired me, for instance, Alexander Malofeev, Evgeny Kissin, Kristian Zimmerman, and Alexander Kobrin.*

How does music and piano make you feel? What feelings does it give you?

*For me music is a chance to think, to create and to express who you really are. The most magical thing of music is that there are not two equal interpretations from two different people and even from the same person, in both cases performing the same piece. This happens because there are two basis in music, which are:*



*doing what the composer tells you by means of the score and showing how you feel and how you do the elements of that score. The most common feelings that music makes me have are passion, sadness, frustration and on a smaller extent, happiness. That could seem sad but emotions can perturbate what the composer wants you to do with his or her work so, as far as I'm concerned, a good performer should keep impartial to all the feelings which come to him or her and in this way feelings I have mentioned before will appear unavoidably, being pure feelings. It could be complicated but according to my experience is the way in that a real artist does on the instrument what he or she has in his or her mind. The emotions play a pretty important role as we can see.*

Many people associate the piano with classical music, but the piano embodies all types of music. What type of music do you currently play? What type of music do you like to play the most?

*I'm specialized in classical piano, like the majority of people who study in a conservatory, but it's certain that I really love Spanish traditional music because my mother is a flamenco dancer so this type of music comes to my heart. I try to play it and also make some compositions mixing classical and flamenco music.*

**Why the piano? What did you like about this instrument?**

*In fact, I wanted to play the cello, but my mother told me to choose the piano due to my high mark in the entrance exam, this has been the thing that I thank to my mother the most. I don't regret because I discovered, once I started to study this magnificent instrument, all the musical possibilities a musician can create. Some of the specific features are the possibilities of playing more than only one voice or melody, creating a musical texture called polyphony, which consists in combining a joint of voices. The way these unique combinations are used in piano compositions makes the piano different from the rest.*

**What effect do you hope your music has on your audience?**

*This is a very good question and it has a connection with another question you asked me before. Even though I don't pay attention to the audience's reactions, they usually tell me after a concert that they got impressed and I have made them think and reflect, which is the most important. To get this point, we have to understand that there have to be two fundamental elements, on the one hand, having enough technical and musical resources, which is a thing that a student learn throughout many years, ten on average per pianist since they started playing an instrument. On the other hand, having an inner canal to transmit your emotions, that I said in a past question. This is also something that is not learnt and is different in each human. Everyone has a canal of transmission, but there are people more or less blocked mentally. People who don't have these blocks allow the rest of people to see his or her soul, who is the best thing ever invented by nature.*

**What impact do you aspire to leave on the world through your music, and what would you like to be remembered for as a musician?**

*Honestly, I have been eleven years of my life having a huge ambition and expecting to be the best pianist in history, winning the most important worldwide piano competitions in the world. But I have recently realised throughout various existential crisis that I wasn't happy in fact. The huge ambition, that I thought it was my incentive to wake up every morning, has become in the reason for which I haven't been happy for many years, because it was something that I didn't want, but people expected from me. In conclusion, I am not looking for making an historical impression and being remembered by the humanity. My goal is to learn how to be happy and to feel free of people opinions. I will try to work hard every day without ambitions, I think it's the key.*

**Do you ever feel anxious before performing in front of a live audience? If yes, how do you manage it ?**

*I'm sure that every pianist has felt stressed and nervous at least once in his or her life. It has become one of my biggest problems in my career and I'm not the only one. In fact, many famous pianists and composers have had stage fright like Martha Argerich or Frédéric Chopin. So, I think the key is to take big breathes before you go to the stage, but previously it is fundamental to reflect about the reason you*

*are performing. My reason to play in front of an audience is to make music, this is what I felt in love with the piano. If you have this clear the rest of things are anodyne.*

**Could you share a specific performance or moment in your career that you love to remember?**

*Of course. When I was seventeen years old I won a competition which allowed me to play with an orchestra for Saint Cecile's day. I played the piano concerto from Edvard Grieg that I studied for more than one year with my teacher Daniel Ábalos. It was an amazing and breath-taking performance since I played for first time as a soloist with more than forty musicians.*

**How do you feel about that link between therapy and music?****Can we say that music is a therapy? Is it your therapy?**

*What an interesting question! There has been scientifically proven that music can make changes in your behaviour and it could also improve some psychological aspects such as anxiety and depression. There is an essential connection between music and therapy since ancient times, when Greek culture developed the ethos theory which says that music can change your current feeling. Personally, music helps me a lot to be in peace with myself and to feel comfortable and fulfilled.*

**Finally, what advice would you offer to aspiring pianists, especially those who are beginning their musical journeys?**

*My advice for them is that they must have very clear which is the relation they have with the music. I mean, why they are playing the piano. My reason is to make music and to feel comfortable with that, for others is that piano supposes a challenge. Whatever, anyone must change their relation with music because the most important is to feel happy with ones music, not to feel constantly unsatisfied for the rest of people happiness.*

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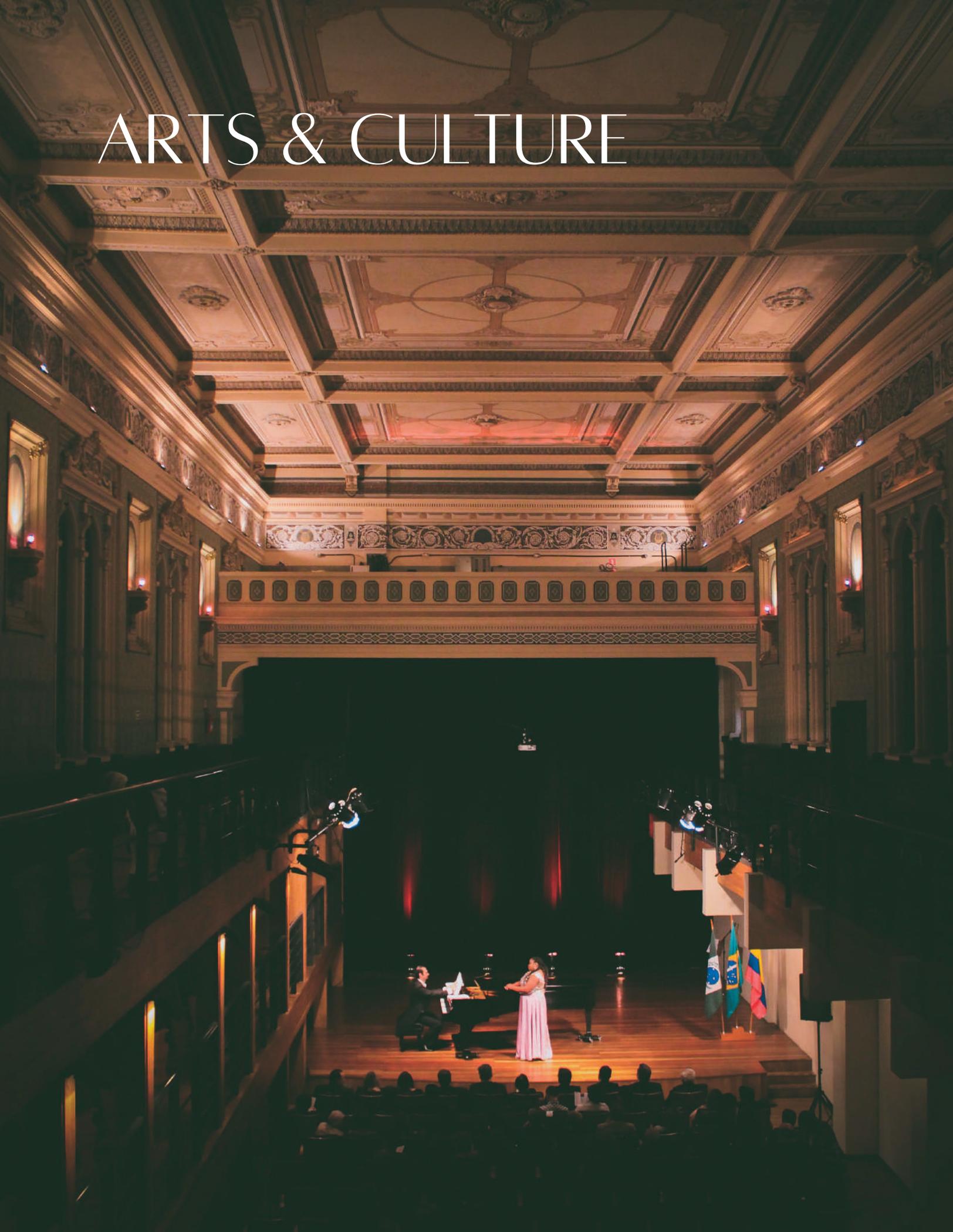


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# ARTS & CULTURE



# ANTONIO BANDERAS

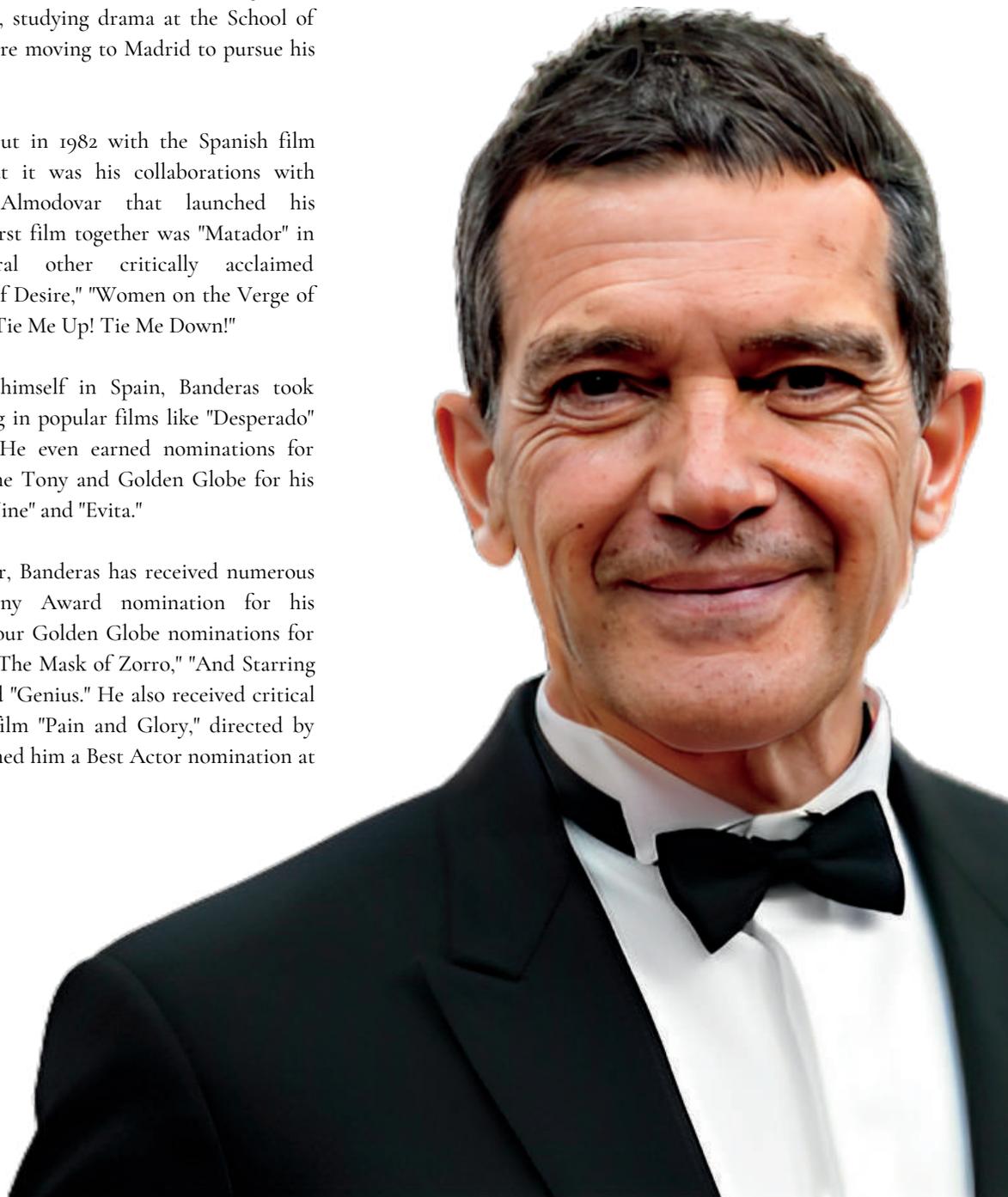
## A CULTURAL ICON OF MALAGA

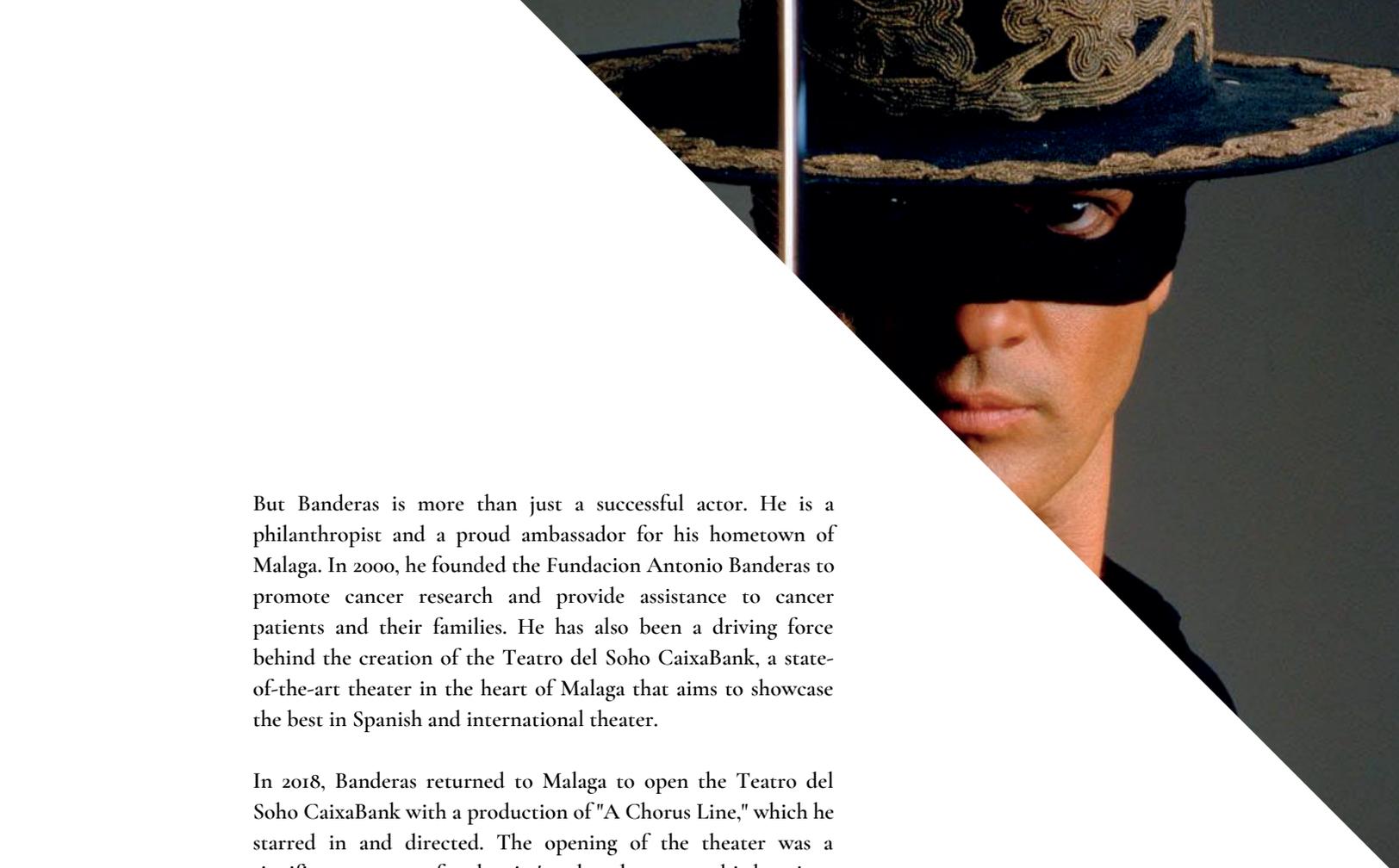
You've probably seen him in some of your favorite films, TV shows, or even on Broadway. Born on August 10, 1960, Antonio Banderas is a beloved figure in Malaga, Spain, known for his impressive career in film, theater, and television. He began his acting career at a young age, studying drama at the School of Dramatic Art in Malaga before moving to Madrid to pursue his dream.

Banderas made his film debut in 1982 with the Spanish film "Laberinto de Pasiones," but it was his collaborations with Spanish director Pedro Almodovar that launched his international career. Their first film together was "Matador" in 1986, followed by several other critically acclaimed collaborations such as "Law of Desire," "Women on the Verge of a Nervous Breakdown," and "Tie Me Up! Tie Me Down!"

After making a name for himself in Spain, Banderas took Hollywood by storm, starring in popular films like "Desperado" and "The Mask of Zorro." He even earned nominations for prestigious awards such as the Tony and Golden Globe for his Broadway performances in "Nine" and "Evita."

Indeed, throughout his career, Banderas has received numerous accolades, including a Tony Award nomination for his performance in "Nine" and four Golden Globe nominations for his performances in "Evita," "The Mask of Zorro," "And Starring Pancho Villa as Himself," and "Genius." He also received critical acclaim for his role in the film "Pain and Glory," directed by Pedro Almodovar, which earned him a Best Actor nomination at the 92nd Academy Awards.





But Banderas is more than just a successful actor. He is a philanthropist and a proud ambassador for his hometown of Malaga. In 2000, he founded the Fundacion Antonio Banderas to promote cancer research and provide assistance to cancer patients and their families. He has also been a driving force behind the creation of the Teatro del Soho CaixaBank, a state-of-the-art theater in the heart of Malaga that aims to showcase the best in Spanish and international theater.

In 2018, Banderas returned to Malaga to open the Teatro del Soho CaixaBank with a production of "A Chorus Line," which he starred in and directed. The opening of the theater was a significant moment for the city's cultural scene, and it has since become a hub for theater, music, and dance performances.

In conclusion, Antonio Banderas is not just a successful actor, but also a cultural icon and philanthropist who has made a significant impact in Malaga and beyond. His work in promoting cancer research and supporting the arts has made him a beloved figure in both the entertainment industry and the city he calls home.

Banderas has often expressed his pride in his Spanish heritage and his deep attachment to his hometown of Malaga, frequently speaking about his upbringing in Andalusia and the importance of his culture and traditions. He has also used his platform as a celebrity to promote Spanish culture and arts, and has been involved in various charitable initiatives to support his homeland. Overall, Banderas' words and actions demonstrate that he is indeed proud of his roots and his identity as a Spanish citizen, and he has earned the admiration and respect of many people throughout the country as a positive and influential figure in Spanish culture.

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ENTERTAINMENT

# OLIVE OIL TASTING



If you're a foodie or just love to explore new tastes and flavors, a visit to the Costa del Sol wouldn't be complete without experiencing the region's renowned olive oil. And what better way to do that than with an olive oil tasting at a local mill like Finca La Torre in Malaga?

The Costa del Sol is known for its delicious olive oil; at Finca La Torre, visitors can learn about the production process of olive oil, from the cultivation of the olives to the pressing and bottling of the final product. Expert guides will take you through the different stages, sharing their knowledge and passion for this ancient tradition that has been passed down through generations.

But the real highlight of the experience is, of course, the tasting. Finca La Torre offers a range of olive oil varieties, each with its unique flavor profile, aroma, and texture. From the mild and fruity to the more robust and peppery, there's something for every palate to discover.

What makes olive oil tasting so special is the opportunity to taste the nuances of each variety and learn how to identify different notes and qualities. You'll gain a new appreciation for this liquid gold and the skill and care that goes into producing it.

Beyond the tasting itself, Finca La Torre is set in a picturesque location with stunning views of the surrounding countryside. It's the perfect setting to unwind, relax, and savor the flavors of the region.

So, if you're a food lover looking to discover something new on the Costa del Sol, make sure to add an olive oil tasting at Finca La Torre to your itinerary. It's an experience you won't want to miss!





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# NIGHT OUTINGS & EVENTS

# LA SALA IN PUERTO BANUS: A TRENDY NIGHTLIFE SPOT WITH TOP-NOTCH ENTERTAINMENT

Nestled in the heart of Puerto Banus, La Sala is a trendy nightlife spot that offers an unforgettable entertainment experience for all visitors. The venue is a fusion of elegant décor and a lively atmosphere, perfect for those seeking a night of fun, music, and dancing.

The club boasts several dance floors, each with its unique vibe, and a state-of-the-art sound system that ensures a party atmosphere throughout the night. The venue's music is a blend of the latest hits and all-time favorites, keeping the crowd energized and on their feet.

La Sala also features live performances from top artists and DJs from around the world, making it one of the hottest spots for entertainment in Puerto Banus. The venue regularly hosts themed parties, adding to the variety of the nightlife experience. For guests who prefer a more exclusive experience, La Sala offers VIP areas with bottle service and private tables, ensuring an intimate setting for a memorable night out.

Beyond the club experience, La Sala also boasts a top-rated restaurant, serving up delicious cuisine from a variety of international cuisines. The menu features a range of dishes, from classic Spanish tapas to fresh seafood and sushi, making it an ideal place for pre-party dining or a late-night bite.

In conclusion, La Sala in Puerto Banus is the ultimate destination for those seeking a trendy nightlife spot with top-notch entertainment. The club offers an unforgettable experience, complete with music, dancing, live performances, and excellent cuisine, making it a must-visit venue in Puerto Banus.



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