

## EXAMPLE PROGRAMME

# LONGEVITY - 10 DAYS

Your HEALTHY LIVING PROGRAM and stay with us could soon look like this.

This is an example programme, timings of individual units are subject to change.

	Day 1	Day 2	Day 3	Day 4	Day 5	6	7	8	Day 9	Day 10
8:00		Laboratory Tests DXA Scan	Vital Signs Assessment HRV Measurement	Mindfulness Training					Mindfulness Training	
				Breakfast 7 AM – 11 AM						
10:00		Initial Consultation with Doctor Initial Consultation with Nutritionist	Cellular Recreation Facial Treatment	Mind Relax Massage	Breath Work Yoga				Mind Relax Massage	Ultimate Aroma Therapy Experience
12:00										Nutrition Consultation
				Lunch 12 PM – 2 PM						
14:00		Posture & Movement Analysis	Functional Movement Test	Lymphatic Drainage	Deep Tissue Massage					Final Doctor Consultation
16:00	Check-in from 3 PM Welcome & Introduction	Personal Training Medical Massage	Personal Training Traditional Chinese Medicine		Nutrition Consultation Progress Consultation with Doctor				Traditional Chinese Medicine	Farewell Late Check-out until 4 PM
18:00										
				Dinner from 6 PM						

\*individual/not included in the price