

EXAMPLE PROGRAMME

LONGEVITY – 14 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	9	10	11	12	Day 13	Day 14
8:00		Laboratory Tests DXA Scan	Vital Signs Assessment 24h HRV Measurement	Mindfulness Training										
					Breakfast 7 AM – 11 AM									
10:00		Initial Consultation with Doctor Initial Consultation with Nutritionist	Cellular Recreation Facial Treatment	Mind Relax Massage	Alter G Breath Work								Mindfulness Training	
12:00														Mind Relax Massage Nutrition Consultation
					Lunch 12 PM – 2 PM									
14:00		Posture & Movement Analysis	Functional Movement Test										Personal Training	Final Doctor Consultation Farewell
16:00	Check-in from 3 PM Welcome & Introduction	Personal Training Medical Massage	Personal Training Traditional Chinese Medicine	Lymphatic Drainage	Deep Tissue Massage								Deep Tissue Massage	Late Check-out until 4 PM
18:00														
					Dinner from 6 PM									

*individual/not included in the price