

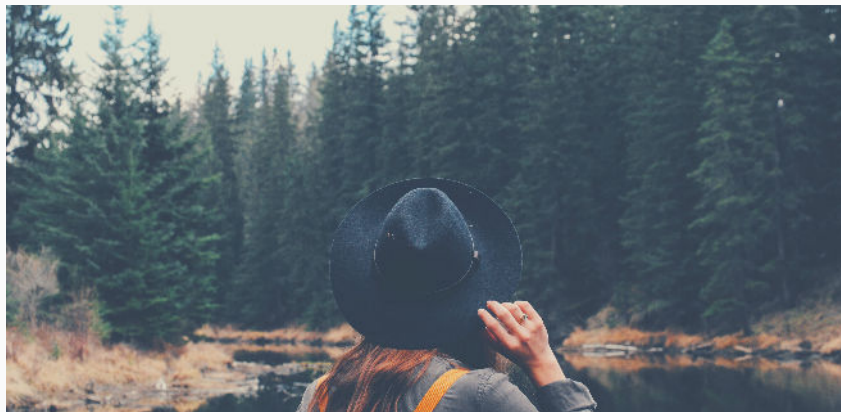
# THE EAST WEST HEALTH LONGEVITY RETREAT



Would you want a 200% increase in energy? How about sleeping 82% better? What if you enjoyed 3x the confidence in your future health because of the proof shown in your labs? The Longevity Retreat is your 2-day gateway to reset your mind, body, and DNA with the world leaders in age reversal medicine.

Research shows that the day before a heart attack most people think they are healthy. Death by neglect happens to the best of the best. Who do you know that died too early?

The Longevity Retreat is designed with your future self in mind. Imagine spending 2 days learning from the top experts in age reversal medicine how to look, feel, and perform your best based on comprehensive testing and treatments.



## The Longevity Retreat Includes:

- Peak State Experiences
- The Longevity Level-Up Roadmap
- Functional Medicine Testing
- Age Reversal Peptides, IV's, and Advanced Therapies
- Fitness 50 at Age 100 Benchmarks
- Your Health-span Lifespan Bridge



## The night before...

5:30 PM - 8:00 PM

Retreat meet and greet at Stanza Restaurant followed by peak state Ketamine Journey

## Day 1

8:30 AM - 9:00 AM

Registration, Rap, Coffee, and Hugs

9:00 AM - 9:45 AM

Group Leader Opening Presentation

9:45 AM - 10:45 AM

The Younger You

10:45 AM - 11:00 AM

BREAK

11:00 AM - 12:00 PM

Your Bloodwork Overview

12:00 PM - 1:30 PM

Lunch with Chef Hilori

1:30 PM - 4:00 PM

East West Team Hands-On

- One on One lab reviews with Regan
- Longevity Level-Up Road Map with Andie and Jeni
- Fitness 50 Benchmarks with Jeni and Trysten
- Biohacking Breakout with Vitamin IV's PEMF, and Acupuncture with Heather and Sara
- Regenerative Medicine with Dr. Steinly

4:00 PM - 4:15 PM

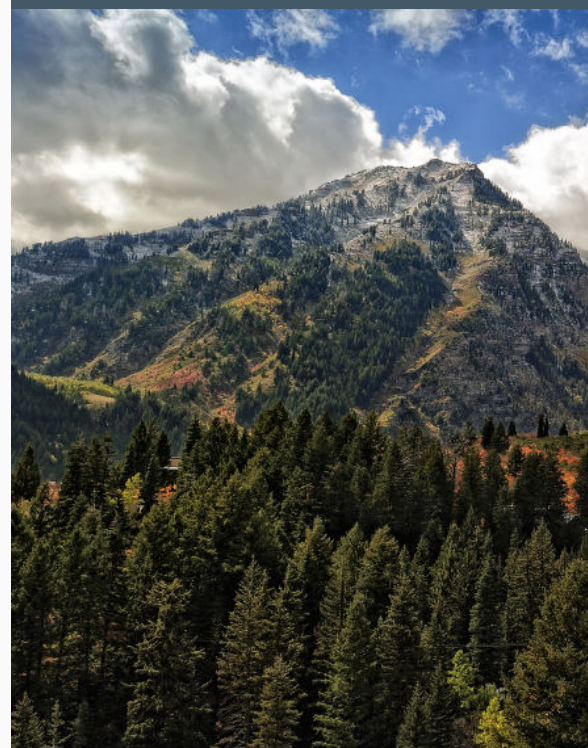
BREAK

4:15 PM - 6:00 PM

Mastermind / Participant Presentations

He who has  
health has  
hope; and he  
who has hope  
has  
everything.

-THOMAS CARLYLE





## Day 2

8:30 AM - 9:00 AM  
Coffee and Hugs

9:00 AM - 9:30 AM  
Age Reset Exercise

9:30 AM - 10:15 AM  
Leader Presentation

10:15 AM - 10:30 AM  
BREAK

10:30 AM - 11:15 AM  
Business

11:15 AM - 12:00 PM  
TrueAge Testing and Peptides

12:00 PM - 1:30 PM  
Lunch with Chef Hilori

1:30 PM - 4:00 PM  
East West Team Hands-On

- One on One lab reviews with Regan
- Longevity Level-Up Road Map with Andie and Jeni
- Fitness 50 Benchmarks with Jeni and Trysten
- Biohacking Breakout with Vitamin IV's PEMF, and Acupuncture with Heather and Sara
- Regenerative Medicine with Dr. Steinly

4:00 PM - 4:15 PM  
BREAK

4:15 PM - 5:00 PM  
Group Wins

5:00 PM - 6:00 PM  
Awards Ceremony

Keeping your  
body healthy is  
an expression of  
gratitude to the  
whole cosmos-  
the trees, the  
clouds,  
everything.

-THICH NAHT HANH

