





You have a week to immerse yourself in the unique atmosphere of the Viva La Vida Longevity Camp 2025.

- Where mind, spirit, and body come together
- Where theory meets practice
- Where the latest technologies and innovations await
- Where there is space for renewal
- · Where you find a powerful drive for life
- Where you discover exceptional experiences
- Where you build the foundation for longevity



We invite you to join the Viva La Vida Camp 2025!

What awaits you?

- Conscious transformation shift your approach to longevity and quality of life through immersive, unique methods and approaches.
 - 7 days for new habits a program designed to lay the foundation for lasting life changes.

Combine the useful with the truly beneficial!





AGENDA

- 6:30 7:30 Morning Meditation
- 7:30 8:30 Yoga
- 7:30 8:30 Fitness
- 9:00 Breakfast + Supplements
- 10:00 13:00 Beach + Treatments + Group Activities (for group package participants)
- 13:00 Lunch
- 14:00 18:00 Seminar with Speaker
- 18:30 Dinner
- 20:00 Evening Sessions at Our Venues or Concert Attendance
- 23:00 Healthy Afterparty (Dance Trance, Ecstatic/Electronic Set, Meditation in the Dark) + Bonfire Area (Hangs, Guitars, Mantras)

WE OFFER A HOLISTIC BODY APPROACH

- · Biohacking & Health Monitoring
- Tailored Nutrition & Supplements
- · Rejuvenating Treatments
- · Group Wellness & Fitness
- · Massages, Saunas & Detox
- · Beachside Wellness Retreat





WE OFFER A HOLISTIC MIND APPROACH

- Holistic Mind Approach:
- Breathing Practices
- Sound Therapy
- · Guided Meditations
- · Yoga & Dance Sessions
- Expert Wellness Lectures
- IV Therapy & Biological Testing



WE OFFER A HOLISTIC SPIRIT APPROACH

- Expert Lectures on Longevity
- Uplifting Concerts
- Mental Health Practices
- Social Connections & Friendships
- · Music Lessons & Evening Prep
- Morning Coffee with Experts
- · Exceptional Hospitality & Care





SPA BY THE SEA



FRESH DIETING



EVENINGS BY THE FIRE



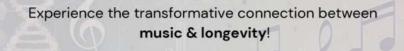
ART THERAPY BY THE SHORE



IV THERAPY BY THE SEA



SUNRISE YOGA



Unlock the secret to a longer, healthier life with the power of music!

Join us to discover how rhythm, melody, and harmony can boost wellness, reduce stress, and strengthen mind and body.







