



VIVA LA VIDA

LONGEVITY  
CAMP



## OUR MISSION

We are creating a new blue zone of longevity on the world map.



VIVA LA VIDA

LONGEVITY  
CAMP

NEW BLUE ZONE

AZERBAIJAN

A NEW  
SCIENTIFICS  
AZERBAIJAN

# 5 BLUE ZONES IN THE WORLD

LOMA LINDA,  
CA, USA

NICOYA,  
COSTA RICA

SARDINIA,  
ITALY

IKARIA,  
GREECE

OKINAWA,  
JAPAN



VIVA LA VIDA

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!



You can also look forward to  
**world-renowned experts**, that will share  
cutting-edge knowledge and practices in  
the field of longevity.



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# 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



VIVA LA VIDA



**SPA BY THE SEA**



**EVENINGS BY THE FIRE**



**IV THERAPY BY THE SEA**



**FRESH DIETING**




**ART THERAPY BY THE SHORE**



**SUNRISE YOGA**



VIVA LA VIDA



Experience the transformative connection between  
**music & longevity!**

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.



VIVA LA VIDA

- **Expo Zone** at Viva La Vida Camp 2025: Immersive space for wellness brands, technologies, and health solutions.
- **Get inspired** by the latest in wellness products, nutrition, fitness, and holistic practices.
- **Explore** the hub for wellness, rejuvenation, and high-tech health innovations.



**EXPO ZONE**



WANT A GLIMPSE OF LAST YEAR'S  
GALA DINNER AND LONGEVITY CONGRESS ?

VIVA  
LONGEVITY  
CONGRESS  
XPO



YOU CAN ALSO CHECK OUT OUR INSTAGRAM:  
[@VIVALAVIDA CONGRESS](#) & [@CASPIMAYR\\_RETREAT](#)  
LOOKING FORWARD TO CREATING NEW MEMORIES  
WITH YOU! :)