



HOLISTIC HEALTH RETREAT — EXCLUSIVE PROPOSAL

Today, two approaches are possible: continuing with progressive optimisation or engaging in a complete transformation that is faster, deeper and more sustainable.

This retreat has been designed to enable deep global regeneration, with a structured three-month continuity to ensure lasting results.

A fully personalised longevity experience, where diagnostics, movement, nutrition and nervous system regulation are integrated into a sustainable continuum.

Objectives:

- Restore overall body balance
- Optimise biological markers
- Regulate the nervous system
- Establish a clear and sustainable longevity strategy

Tailored experience

- **Advanced biological analysis** forming the foundation of diagnosis and personalised protocols
- **Precise identification of metabolic, inflammatory and hormonal imbalances**
- **Personalised supplementation protocols** designed according to blood results, digestion, stress profile and recovery needs
- **Culinary experience based on pure, fresh, organic and seasonal ingredients**, selected at optimal maturity to maximise their energetic value and impact on cellular regeneration
Simple and controlled preparation methods to preserve nutrient bioavailability, reduce digestive load and optimise absorption
- **Private physiotherapy and full body assessment** including posture, joint mobility, muscular balance and recovery strategies
- **Daily sound healing practices** integrating meditation, nervous system regulation (deep muscular and mental recovery) and frequency-based therapy for deep relaxation tailored to individual needs

Format

- Apricale, Italy
- 4 days / 3 nights – May 7th to 10th, 2026
- Start late morning Day 1
- End lunch Day 4
- Location Apricus Hotel



Team

- **Functional health and nutrition expert**
- **Physiotherapist and osteopath**
- **Fitness and performance expert**
- **Sound healing expert**
- **Private longevity chef**

Post-retreat continuity

- **Personalised follow-up over 3 months** (nutrition, supplementation, lifestyle) with adjustments based on the evolution of biological markers
- **Bespoke supplementation included for 3 months**, adapted over time to optimise results
- **Access to YO Wellness Club Monte-Carlo for 3 months** (dedicated longevity digital platform) ensuring structure, guidance and continuity
- **Possibility to extend with advanced nutritional follow-up and a continued personalised culinary experience with our private chef**
- **Integration of physiotherapy assessment** to refine training, correct imbalances and prevent injuries
- **Global approach enabling more precise, individualised and sustainable follow-up**

Conditions

- **Price 4900 euros per person**

Included

- **Full retreat 4 days / 3 nights**
- **Advanced diagnostics and implementation of a personalised protocol**
- **Nutrition with private longevity chef**
- **Personalised supplementation on-site and for 3 months post-retreat**
- **Sound therapy and nervous system regulation**
- **Access to YO Wellness Club for 3 months**

Strategic Partners

Dear Yannis,

On behalf of Lanserhof Group, I am pleased to confirm our strong support for your wellness and longevity project in Monaco.

We believe that your vision, positioning and holistic approach to longevity are fully aligned with Lanserhof's philosophy and standards of excellence in preventive health, medical wellness and performance.

We see a strong strategic relevance in your initiative and are confident that your project will contribute to elevating the awareness and adoption of a modern, structured and high-level longevity approach within a premium audience in Monaco.

Lanserhof Group is pleased to support this initiative and looks forward to developing a long-term collaboration with YO Wellness Club through selected expert interventions, curated events and educational content dedicated to longevity, prevention and performance.

We wish you every success in the development of this project and are happy to support you in this strategic initiative.

Sincerely,

Christian Siegling

Chief Operating Officer

Lanserhof Group

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