

# **YO PRIVATE RETREAT**

*A personalised longevity experience designed to support metabolic health, nervous system regulation and long-term wellbeing.*

*Integrating advanced diagnostics, personalised nutrition, therapeutic movement and regenerative practices, the retreat aims to restore physiological balance and create lasting health optimisation.*

## **BESPOKE EXPERIENCE**

- Comprehensive private blood analysis, personalised protocols and post-retreat follow-up.
- Bespoke nutrition and supplementation, designed and adjusted on site according to individual blood markers, lifestyle and objectives
- Personalised culinary experience, with a private functional chef creating tailor-made menus based on each participant's diagnosis, combining anti-inflammatory, digestive and longevity-focused cuisine
- Customised supplementation protocols formulated according to blood results, digestion, stress profile and recovery needs
- Daily sound healing practices integrating meditation, nervous system regulation and deep muscular and mental reset
- Private physiotherapy and body assessment, including posture, joint mobility, muscular balance and recovery strategies
- Three-month post-retreat follow-up covering nutrition, supplementation and lifestyle optimisation
- Three-month privileged access to YO Wellness Club Monte-Carlo, ensuring continuity and long-term results

## **DETAILED PROGRAM**

**Apricale, Italy | 4 Days / 3 Nights**

**Participants: Maximum 10**

**Start: Late morning – Day 1**

**End: Lunch – Day 4**

**Location: Apricus Hotel**

## **EXPERT TEAM**

- Nutritionist & Functional Health Expert
- Physiotherapist & Chiropractor
- Fitness & Performance Expert
- Sound Healing Expert
- Private Longevity Chef

# **DAY 1 — PERSONAL DIAGNOSTICS & FOUNDATIONS**

## **Late Morning | Arrival & Welcome**

- Arrival at Apricus Hotel
- Private welcome and retreat overview
- Introduction to the expert team

**Led by:** YO Wellness Club Team

## **Lunch | Diagnostic-Based Nutrition**

- Functional, anti-inflammatory lunch
- Cuisine adapted to digestion, inflammatory markers and energy levels

**Led by:** Nutritionist & Private Longevity Chef

## **Afternoon | Integrated Inside-Out Health & Physical Diagnostic**

A comprehensive diagnostic session defining the individual longevity strategy.

### **Includes:**

- Review of blood analysis completed before arrival
- Lifestyle, stress and recovery assessment
- Postural, physical and joint evaluation
- Muscle strength and functional movement assessment
- Identification of muscular imbalances, restrictions and potential risk factors

**Led by:** Nutritionist · Physiotherapist & Chiropractor · Fitness Expert

## **Late Afternoon | Sound Bowls Healing (Group Session)**

A therapeutic sound experience supporting nervous system regulation, stress reduction, mental clarity, immune balance and energetic alignment.

**Led by:** Sound Healing Expert

## **Dinner | Longevity Cuisine – Detox Dinner**

A light, warm and anti-inflammatory dinner designed to support digestion, detoxification and nervous system calm, preparing the body for deep overnight recovery.

**Led by:** Private Longevity Chef

## **DAY 2 — ACTIVATION, RESET & EDUCATION**

### **Morning | Active Awakening in Nature**

- Guided outdoor movement
- Breathing, mobility and gentle activation
- Nervous system regulation through nature exposure

**Led by:** Fitness Expert

### **Breakfast | Functional & Personalised**

- Gentle digestive stimulation without overload
- Support of gut lining and microbiota balance
- Reduction of systemic inflammation
- Stable blood sugar and mental clarity

### **Late Morning | Bodywork, Coaching & Recovery**

#### **Therapeutic Path**

- Individual physiotherapy and manual therapy sessions
- Muscular release and joint optimisation
- Postural correction and injury-prevention focus

**Led by:** Physiotherapist & Chiropractor

#### **Performance & Conditioning Path**

- Personalised coaching session
- Strength training adapted to individual capacity
- Cardiovascular activation and metabolic stimulation
- Focus on movement quality and safe progression

**Led by:** Fitness & Performance Expert

### **Lunch | Deep Digestive Relief & Metabolic Reset**

- Intestinal unloading and de-acidification
- High digestibility with minimal digestive effort
- Support for liver, gut lining and microbiota
- Nutrition fully adapted to blood analysis and diagnostics

**Led by:** Private Longevity Chef

### **Late Afternoon | Personalised Sound & Vibration Healing (Individual)**

Private one-to-one sound healing therapy focused on deep nervous system regulation, emotional release and energetic balance.

Targeted vibrational work to reduce stress, harmonise the chakras and restore body–mind coherence.

**Led by:** Sound Healing Expert (Therapeutic Practice)

### **Evening | Integration & Dinner**

- Reduction of intestinal inflammation
- Support of fat metabolism and cellular regeneration
- Improved clarity, energy and nervous system balance
- Ideal conditions for recovery and overnight regeneration

**Led by:** YO Wellness Club Team & Chef

## **DAY 3 — DEEP PERSONALISATION**

*Deeper into individualisation and fine-tuning.*

### **Morning | Regenerative Sound Bath Ceremony (Group)**

A full immersive sound bath ceremony using singing bowls and gongs to deeply calm the nervous system, release emotional tension and stabilise energetic balance.

**Led by:** Sound Healing Expert

### **Breakfast | Personalised & Educational**

A therapeutic and educational breakfast reinforcing the individual nutrition strategy.

**Led by:** Nutritionist & Chef

### **Late Morning | Advanced Bodywork, Training & Re-Assessment**

A deeper personalised session consolidating physical progress.

#### **Therapeutic Focus**

- Postural, physical and joint re-assessment
- Targeted physiotherapy adjustments
- Muscular balance and mobility refinement

#### **Performance Focus**

- Progressed strength and conditioning work
- Validation of corrective exercises
- Adaptation of training principles for long-term application

**Led by:** Physiotherapist & Chiropractor · Fitness & Performance Expert

### **Lunch | Integration & Metabolic Balance**

A carefully designed lunch to stabilise energy and consolidate digestive improvements.

**Led by:** Nutritionist & Private Longevity Chef

### **Late Afternoon | Advanced Regenerative Sound Therapy (Individual)**

A second personalised sound healing session focused on deeper emotional release, nervous system recalibration and energetic integration.

**Led by:** Sound Healing Expert

### **Evening | Integration & Dinner**

- Deep recovery support
- Nervous system stabilisation
- Preparation for long-term autonomy

**Led by:** YO Wellness Club Team & Chef

## **DAY 4 — STABILISATION & LONG-TERM CONTINUITY**

### **Morning | Gentle Awakening & Integration**

- Soft mobility and breathing
- Grounding and stabilisation practices

**Led by:** Fitness Expert & Physiotherapist

### **Breakfast | Functional & Personalised**

- Light, individualised breakfast
- Easily replicable at home

**Led by:** Nutritionist & Chef

### **Late Morning | Long-Term Optimisation & Continuity**

A strategic closing session ensuring the retreat translates into lasting results.

**Includes:**

- Review of progress and key insights
- Presentation of a **3-month personalised roadmap**, including:
  - Bespoke nutrition strategy
  - Customised supplementation protocol
  - Training, recovery and lifestyle guidelines

Participants are guided on how to implement these protocols at home with structured support inside **YO Wellness Club Monte-Carlo**, ensuring accountability and continuity.

**Led by:** Nutritionist & Fitness Expert

### **Lunch | Closure & Transition**

A light, balanced lunch designed as a smooth transition back to daily life.

**Led by:** Private Longevity Chef & Nutritionist

### **Departure**

- Individual departures
- Start of the **3-month YO Wellness Club Monte-Carlo follow-up**