Diagnostics

Ş

Content	Wellness	Weight Ioss	Anti- ageing	Premium
1. Wellness diagnostics	Q	¢	Q	¢
2. Weight loss diagnostics	\otimes	Q	Q	Q
3. Anti-aging diagnostics	\otimes	\otimes	Q	Q
4. PREMIUM diagnostics	\otimes	\otimes	\otimes	Q
5. Medical check up (*on demand)	Q	Q	Q	Q
6. Electromagnetic bioimpedance	Q	Q	Q	Q
7. Habits, health & history	Q	Q	Q	Q
8. Food diary	Q	Q	Q	Q
9. Wellness lab panel	Q	Q	Q	Q
10. Weight loss lab panel	\otimes	Q	Q	Q
11. Anti-aging lab panel	\otimes	\otimes	Q	Q
12. Premium lab panel	\otimes	\otimes	\otimes	Q
13. Genetic testing and Nutrigenomics	\otimes	\otimes	\otimes	Q
14. Microbiome	\otimes	\otimes	\otimes	Ċ
15. Analysis of heavy metals and minerals	\otimes	\otimes	\otimes	Q
16. Nutrition Sensor	\otimes	\otimes	\otimes	Q
17. Weight Sensor	\otimes	\otimes	\otimes	C
18. Alcohol intolerance	\otimes	\otimes	\otimes	Q
19. Coffeine intolerance	\otimes	\otimes	\otimes	Q
20. Premium Plus Sensor	\otimes	\otimes	\otimes	Q
21. Biological age	\otimes	\otimes	\otimes	Ċ

Nutrition

Ş

Content	Wellness	Weight loss	Anti- ageing	Premium
22. Balanced Mediterranean nutrition + supplementation	Q	Q	Q	Q
23. Weight loss nutrition plan + supplementation	\otimes	Q	\otimes	Q
24. Anti-aging nutrition plan + supplementation	\otimes	\otimes	୯	Q
25. PREMIUM nutrition plan + PREMIUM supplementation	\otimes	\otimes	\otimes	Q

Consultations

Content	Wellness	Weight Ioss	Anti- ageing	Premium
26. Posture analysis	Q	Q	୯	Q
27. Consultations with a nutritionist	Q	୯୯	Q	୯୯
28. Life style & habits consultations	Q	୯୯	Q	୯୯
29. Consultations with a mental coach/psychologist	\otimes	Q	Q	Q
30. After retreat consultations	\otimes	Q	Q	୯୯
31. Consultations with an anti-aging expert	\otimes	\otimes	Q	୯୯
32. Consultations with a medical expert	\otimes	\otimes	\otimes	ଝ

Workshops

Ş

Content	Wellness	Weight loss	Anti- ageing	Premium
33. Nutrition workshops	Q	୯୯	ତ	୯୯
34. Culinary workshops	Q	୯୯	Q	୯୯
35. Life style workshops	Q	୯୯	Q	୯୯
36. Tips & tricks / daily atomic habits	୯	Q	Q	Q
37. Breathing and cold baths workshops	Q	Q	Q	Q
38. Breathing meditations	Q	Q	Q	Q
39. Facial lymphatic drainage	Q	Q	Q	Q
40. Mental training / psychologist	\otimes	Q	Q	Q
41. Weight management workshops	\otimes	Ċ	\otimes	Q
42. Workshops with an expert	\otimes	Q	Q	Q
43. Abdominal self-massage	\otimes	Q	Q	Q
44. Starting 4 diaphragms	\otimes	Ċ	Q	Q
45. Awakening the energy of the organs	\otimes	\otimes	Q	Q
46. Anti-aging workshops	\otimes	\otimes	Q	Q

Treatments and therapies

Content	Wellness	Weight Ioss	Anti- ageing	Premium
 47. Wellness set: Osteothai Moxa Craniosacral therapy Cupping-glide and static styles Thai trigger point therapy 	Q	Q	Q	Q
 48. Weight loss set: Osteothai Moxa Craniosacral therapy Cupping-glide and static styles Thai trigger point therapy Chi Nei Tsang – Inner organs detox (CNT1) Chi Nei Tsang – Chasing the wind (CNT2) 	\otimes	Q	Q	Q
 49. Anti-aging set: Osteothai Moxa Craniosacral therapy Cupping-glide and static styles Thai trigger point therapy Body release - fascia work Chi Nei Tsang - Inner organs detox (CNT1) Chi Nei Tsang - Chasing the wind (CNT2) Deep Psoas work 	\otimes	\otimes	Q	Q

 50. PREMIUM set: Osteothai Moxa Craniosacral therapy Cupping-glide and static styles Thai trigger point therapy Body release - fascia work Chi Nei Tsang - Inner organs detox (CNT1) Chi Nei Tsang - Chasing the wind (CNT2) Deep Psoas work Cupping Reflexology Acupuncture Lung Detox Working with women's reproductive system Blood vessels pumping - opening the 	\otimes	\otimes	\otimes	Ç
 Blood vessels pumping – opening the gates 				

Massages

	}			
Content	Wellness	Weight Ioss	Anti- ageing	Premium
 51. Face: Facial yoga Anti-aging face, neck and décolletage massage Face lifting & scalp massage 	Q	Q	Q	Q
 52. Body: Classic massage Sports-medical massage Foot massage Relax massage Connective tissue massage Deep tissue massage and functional 	~	~	~	~
 analysis and the source in the source of the source in the sour	¢	Ċ	Q	Ċ

Activities and practices

Ş	
/	

		Weight		
Content	Wellness	loss	Anti- ageing	Premium
 53. Wellness activity plan: Hikes / hiking, walks (always include exercises: punching, for the neck hump, on the bench) Running school Body workout: about HIIT Metabolic Body weight Antistress training – box, focusers, bag TRX training Training with kettlebells Training with external loads (with props) Corrective gymnastics Strength training Training on a vibrating platform Slow moves Circuit training DNS Happy feet Mobility-stability Mobility flow Functional Pilates SUP Yoga: yoga created according to the elements (earth, fire, water, air) Prenatal / Postnatal Yoga SUP Yoga Yin yoga Facial yoga 	¢	Ś	Q	
54. Weight loss activity planspecially designed WEIGHTMANAGEMENT exercise program	\otimes	Q	\otimes	Q
55. Anti-aging activity planspecially designed ANTI AGE exercise program	\otimes	\otimes	Q	Q

Special programs

Content	Wellness	Weight Ioss	Anti- ageing	Premium
 56. JUST SOME OF THE SPECIAL DAYS YOU WILL EXPERIENCE: Mindful walks with picking and processing seasonal herbs and production of products Day with a fisherman Culinary experience with a 				
 chef A small school of photography and development of own black and white photographs Horse riding Sailing (school) Gong and sound baths Via Ferata – Adrenalin day And much more 	Q	¢	Q	Q

Evening specials

ζ

	,			
Content	Wellness	Weight Ioss	Anti- ageing	Premium
 57. LEASURE & CREATIVITY: Various Arts & crafts Fun and games Surprise guests And much more 	Q	Q	୯	Q

Membership in the RETREAT YACHTING CLUB includes

Ş

Content	Wellness	Weight Ioss	Anti- ageing	Premium
 58. Safety 24/7: 12 - 17 members of the professional and nautical team on board at all times: Wellness team of 7 Weight loss team of 8 Anti-aging team of 9 PREMIUM teams of 10-12, depending on a program Defibrillator, Therapy for anaphylactic shock, Oximeter 	Q	Ċ	Q	Q
59. Nurse or Doctor on board at all times	\otimes	\otimes	\otimes	Q
 60. Logistic assistance: Transfer from/to or airport/hotel Help with organizing accommodation before and/or after the retreat Escorting speedboat and premium sailboat 24/7 	Q	Q	Q	Q
61. After retreat consultations: At any time, a member may request a consultation by: AA expert*, Nutritionist, Doctor, Lifestyle expert *for AA programs	\otimes	Q	Q	୯୯