

# Optimal Health & Longevity Retreat

WITH DR. IRINA MATVEIKOVA, IFMCP



An exclusive experience for leaders seeking to optimize their physical, mental, and emotional well-being through science-based strategies.

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**Morning Activation: Conscious Movement & Mental Focus** Start the day with a guided nature walk, energizing music, gentle stretches, and a brief Hemi-Sync® meditation to awaken your body, sharpen your focus, and energize your senses.

## **Executive Functional Breakfast**

A breakfast specifically crafted to support digestive health, metabolic balance, and cognitive clarity—ideal for high-performing professionals.

## **Opening Session: Intention & Alignment**

“The Talking Stick” ritual creates a space for meaningful dialogue, intention-setting, and reflection on key questions to guide your day with purpose.

## **Digestive Intelligence & the Gut-Brain Connection**

Understand how the gut microbiome influences emotions, decision-making, immune response, and long-term health. Practical insights for enhancing your “second brain.”

## **Focus Recharge “snack”**

A short movements pause to reset your energy and improve clarity.

## **Microbiome Results: Personalized Insights**

Individual sessions focused on interpreting your microbiome test results. Receive tailored strategies to apply nutrition and lifestyle changes effectively.

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**Smart Lunch for Executive Performance** Explore functional food choices designed to enhance digestion, sustain energy levels, and support a high-focus lifestyle.

## **Walk & Talk: Knowledge Integration in Nature**

A reflective walk in nature to process insights, encourage peer exchange, and foster authentic conversations in motion.

## **Silent Threats: Cardiometabolic Health, Stress & Sleep**

Identify and address hidden risks that impact long-term performance. Learn to assess and manage stress, prevent dysfunction, and build resilience through science-based tools.

## **Data Session: Interpreting Cardiometabolic Results**

Personalized guidance to improve cardiovascular health, glucose control, sleep quality, and mental well-being.

## **Active Microbreak**

Five minutes of targeted physical movement to stimulate digestion and circulation, reduce stress, and refocus attention.

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## **Longevity & High Performance: Trends & Therapeutic Tools**

Discover cutting-edge research in aging, biohacking, and functional medicine. Learn what truly works—and how to implement it into your executive lifestyle.

## **Strategic Closing: Reflection & Commitment. Q&A**

Final “Talking Stick” ritual for collective reflection, key takeaways, and personal commitments to a more vital and sustainable way of living.