



Sex, Strength and Longevity: The new Edge in Male Executive Health



A Cutting-Edge Leadership Experience for Men Who Want More from Life

Dr. Irina Matveikova, MD, IFMCP Functional Medicine Physician and International Bestselling Author
and **Dr. Mariano Rosselló Gayá, MD, FECSM** Andrology Specialist and Expert in Sexual Medicine

A science-driven, high-impact program designed for male executives who want to elevate their health, optimize performance, and cultivate lasting vitality—personally and professionally.

This is not just a wellness retreat. It's a blueprint for sustainable strength, energy, and sexual health in the modern men.

Biological Priming: Wake-up Protocol in Nature Activating your senses and sharpen your focus with an energizing walk that integrates movement, sound and guided meditation - setting the stage for peak performance.

Functional Fuel: Metabolically Balanced Breakfast.

Opening Framework: Intention, Awareness, and Alignment.

Define your personal health goals and align them with a broader sense of purpose. Your first step toward lasting transformation.

Optimal Sexual Health: The latest Science on Male Vitality.

Reframe sexual health as an integral part of high-performance living. What the research says and what most men aren't being told. (Led by Dr. Mariano Rosselló Gayá)

Neuromuscular Activation Break.

A short, science-based protocol to enhance focus, improve circulation, and stimulate testosterone production.

Decoding your Biomarkers: From Labs to Lifespan. Turn your bloodwork and diagnostic results into actionable strategies.

Understand your hormonal profile, metabolic markers, and risks. Learn how to optimize them. (Dr. Mariano Rosselló and Dr. Irina Matveikova)

Precision Nutrition: The Longevity Plate.

Integration Walk: Movement Meets Meaning Reconnect body and mind with intentional walk designed to anchor insights and reinforce physical vitality.

The Silent Epidemics: Metabolic Dysfunction, Gut Health, Stress & Sleep Debt The hidden factors eroding male vitality and the protocols that restore, balance, energy and performance. (Led by Dr. Irina Matveikova)

Stretching & Balancing Exercises

Simple, effective techniques to enhance flexibility, stability and body awareness.

Pleasure, Performance and Modern Men.

The unspoken truths about libido, desire and sexual function in high-performing men. Science, myths and practical solutions. (Dr. Irina Matveikova & Dr. Mariano Rosselló)

Q&A and Reflections.

Interactive discussion, personal insights, and group sharing. Define your next steps and make a commitment to lasting change.

Cortisol Reset: The Power of Stillness

A Closing guided meditation to calm the nervous system, reduce cortisol and support neural recovery.