The Itinerary

10-Day Longevity Journey

DAY	SESSION / ACTIVITY	DETAILS
DAY 1	**ARRIVAL & MEET AND GREET**	Your first evening is intentionally relaxed. We gather for an informal Meet & Greet, giving guests, lecturers and staff the opportunity to introduce themselves and become acquainted in a comfortable social setting. There is no formal agenda — just good conversation, refreshments and the beginning of new friendships. Dress Code Boracay is a tropical destination, with daytime temperatures commonly around 30°C. Comfortable, casual and cool clothing is recommended throughout your stay. Swimming Pool Guests may enjoy the swimming pool whenever the pool area is open and supervised.
DAY 2	**Morning Wellness Session**	Begin the day with a gentle hydration and light-exercise session designed to get the body moving and prepare you for the day.
	8:00 AM — Communal Healthy Breakfast	Breakfast is served buffet-style, featuring a selection of nutritious and enjoyable foods. Guests are encouraged to choose according to their own preferences and appetite. For those who prefer something different, our regular restaurant menu is also available at no additional charge. Throughout the day, fresh fruit and chilled juices will be available. Alcoholic beverages may be purchased separately at our regular bar prices.
	9:00 AM–12:00 PM — Discover Boracay	Join us on a relaxed tour of Boracay, including some of the island's principal beaches and attractions, including the world-famous White Beach.
	12:00–1:00 PM — Communal Lunch	Enjoy another relaxed buffet meal with fellow guests.
	Afternoon — Understanding Longevity	Lecture & Discussion: Life Expectancy and Healthy Aging We explore: • How human life expectancy has changed throughout history • Geographic differences in longevity • The factors associated with longer and healthier lives • Current developments in longevity research • Emerging approaches to healthy aging The session is intended to encourage discussion and thoughtful debate rather than promote a single approach to aging.

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	6:00 PM — Local Entertainment	Relax with snacks, refreshments and informal local entertainment, including Filipino folk music.
	Evening — Experience Boracay	The evening is yours. Guests are free to explore Boracay's restaurants, bars, entertainment and nightlife, particularly around White Beach. Our staff can recommend establishments according to your interests. Transportation to White Beach may be arranged upon request. Guests returning independently may use local tricycle transportation.
DAY 3	**NUTRITION & PERSONAL WELLNESS**	Communal Breakfast Begin the day with a relaxed breakfast with fellow guests. Morning Lecture — Healthy Nutrition Understanding Nutrition Through the Years An exploration of: • The body's changing nutritional requirements • Different dietary approaches • Balanced nutrition • Protein, carbohydrates and healthy fats • Micronutrients • Nutrition and healthy aging • How individual nutritional requirements can change over time The emphasis is on understanding choices rather than following a rigid diet. Lunch Enjoy a communal lunch and relaxed social time. 1:00–4:00 PM — Aesthetic Wellness Maintaining Confidence, Appearance and Well-Being A specialist presentation exploring modern aesthetic and wellness treatments and how they may contribute to maintaining a fresh, confident and well-cared-for appearance as we age.

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DAY 4	**MIND, BODY & NEW IDEAS**	Communal Breakfast Morning — Living With the Aging Process Group Discussion: How Are We Coping With Getting Older? An open and informal conversation about the realities of aging, changing lifestyles, relationships, independence, confidence and maintaining a positive outlook. Yoga Demonstration & Optional Participation A specialist introduces guests to gentle yoga and movement practices. Participation is entirely voluntary and can be adapted to individual ability. Lunch 1:00–4:00 PM — THE BRAIN CHALLENGE Artificial Intelligence — The New Frontier Longevity is not only about keeping the body healthy. It is also about keeping the mind curious. This session introduces guests to the rapidly developing world of Artificial Intelligence (AI). We explore: • What AI actually is • How AI has developed • How people can use AI in everyday life • The potential benefits of AI • Concerns surrounding employment and society • How AI may influence the future • The emerging relationship between AI and robotics The objective is not simply to learn about technology, but to challenge ourselves to understand something new. 4:00–5:30 PM — Traditional Massage Enjoy an optional traditional Filipino or Thai massage session designed to encourage relaxation and release everyday muscular tension. 5:30 PM — Sunset Take time to enjoy one of Boracay's most beautiful daily experiences. 6:00 PM Onwards — Free Time The evening is yours.

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DAY 5	**THE SCIENCE OF LONGEVITY & OUR UNIVERSE**	Communal Breakfast Morning — The Science of Healthy Aging Where Is Longevity Science Heading? An educational presentation exploring current research into: • Healthy aging • Cellular aging • Lifestyle and longevity • Age-related changes • Preventive approaches • Emerging longevity research • The future possibilities and limitations of age-related interventions The presentation distinguishes established scientific evidence from emerging and experimental ideas. Lunch Afternoon — Exploring Our Universe The Universe and Our Expanding Horizons A fascinating look at our rapidly expanding ability to observe and understand the universe. Discover how modern telescopes and scientific facilities are helping researchers explore distant stars, planets and galaxies — and how our understanding of the universe continues to evolve.
DAY 6	**REGENERATIVE MEDICINE & EMERGING SCIENCE**	Communal Breakfast Morning/Afternoon — Regenerative Medicine Presentation by Dr. Raya of The Raya Preventive and Regenerative Clinic, Manila An educational video presentation introducing the field of regenerative medicine, including developments involving: • Regenerative medicine • Peptide-based therapies • Stem-cell research • Preventive medicine • Emerging approaches to healthy aging A discussion follows, providing guests with an opportunity to ask questions and explore the current state of the science. Individual medical decisions should always be discussed with an appropriately qualified healthcare professional. Evening Free time to relax, dine, explore or enjoy Boracay's nightlife.
DAY 7	**LECTURE**	Lecture on Peptides, Stem Cells, Secretome and Regenerative Treatments

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DAYS 8–9	**REFLECTION, EXPLORATION & PERSONAL TIME**	The later part of the program provides greater flexibility. Guests may participate in additional presentations, discussions, wellness activities, excursions or social events, while also having sufficient personal time to enjoy Boracay at their own pace. These days are designed around an important principle: Longevity should be sustainable — and enjoyable. There is little value in creating a program so strict that it becomes another source of stress.
DAY 10	**LOOKING FORWARD**	Our Longevity Conversation As we approach the conclusion of our 10-day experience, we gather together for an open group discussion. We reflect on: • What we have learned • Which ideas have interested us • Which lifestyle changes may be realistic • How we can remain physically active • How we can continue challenging our minds • How we can maintain meaningful social connections • How we can make the years ahead more enjoyable and fulfilling Rather than creating a rigid "longevity prescription", each guest is encouraged to develop their own personal list of ideas and aspirations.