



Aro Ha's
7 Day
Longevity
Protocol

Small Acts, Lasting Vitality

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Longevity Protocol

A Taste of Transformation

Welcome to a sample of the Aro Ha experience.

This 7-day protocol distills the core longevity principles we practice at our wellness retreat in New Zealand's Southern Alps - but designed for wherever you are right now. Whether you're at home, traveling, or in the midst of a busy season, these rituals will show you what's possible when small, intentional actions meet ancient wisdom and modern science.

The Paradox You're About to Prove

A common myth in modern wellness is that transformation requires overhaul—new diets, brutal routines, total reinvention.

You're about to prove otherwise.

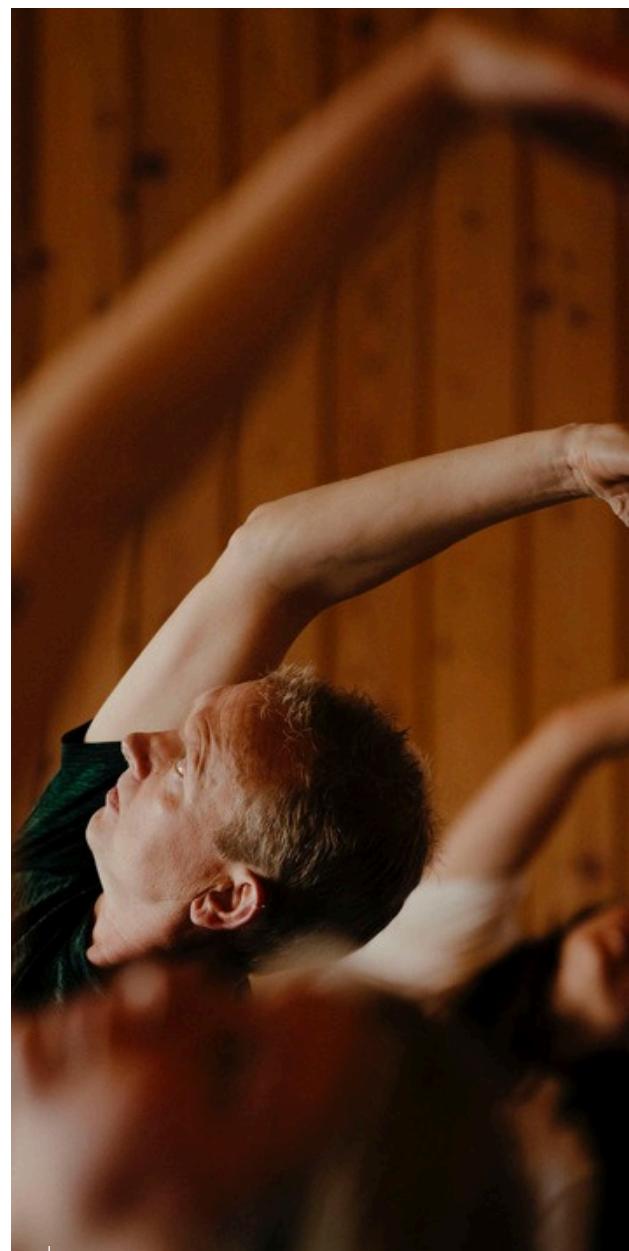
In just 10–15 minutes a day, with no equipment, no perfection, and no heroics, you will:

- Reduce inflammation
- Improve circulation and energy production
- Strengthen your stress resilience
- Optimise your gut-brain axis
- Enhance your cognitive reserve
- Deepen social bonds
- Wire in a new identity

The paradox: the smallest actions, done consistently, create the most lasting change.

You don't need more time. You don't need perfect conditions. You don't need to wait until you're "ready."

**You just need to begin.
And you're about to.**



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Longevity Protocol

Your Integration Map

How to Use This Protocol:

Each day targets a specific longevity pathway in your body. Complete the ritual in order, at any time that suits your life.

No equipment needed. No perfection required. Just presence, intention, and consistency. We'll send you an email each day to help to keep you on track.

Day	Pathway	Key Practice	Biomarker Impact
1	Cellular Cleanup	12-hour fast + breath	↓ Inflammation, ↑ Autophagy
2	Energy Production	Movement + contrast therapy	↑ Mitochondria, ↑ Circulation
3	Nervous System	Nature + coherent breath	↑ HRV, ↓ Cortisol
4	Gut-Brain Axis	Color diversity + fermented foods	↑ Microbiome diversity
5	Neuroplasticity	Novelty + curiosity	↑ BDNF, ↑ Cognitive reserve
6	Social Vitality	Authentic connection	↑ Oxytocin, ↓ Mortality risk
7	Future Self	Visualisation + embodiment	↑ Habit formation, ↑ Identity alignment

01

The Cellular Reset

Activate Autophagy & Clear Inflammation

The Ritual (15 minutes)

Upon waking:

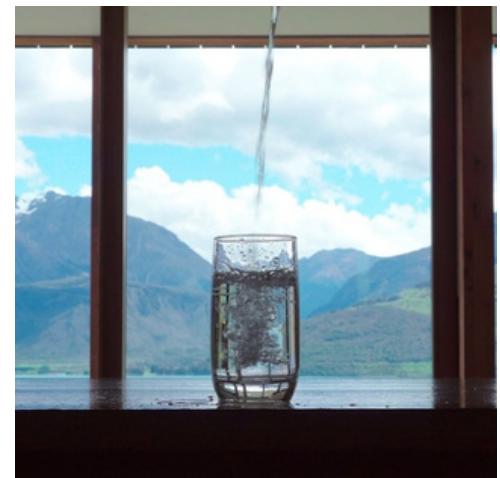
- Hydration Protocol (2 min)
 - Drink 300–500ml warm water with fresh lemon and a pinch of sea salt. This rehydrates cells, stimulates gastric juices, and provides electrolytes.
- The 12-Hour Overnight Fast:
 - Consider what time you ate last night, now don't eat again until 12 hours later. This modest fasting window is enough to trigger autophagy without stress.
- Fasted Movement (8 min)
 - Before eating, move gently: cat-cow stretches, spinal twists, hip circles, gentle sun salutations, or tai chi-inspired flows. Stay curious about stiffness—where does your body need attention?
- Breath Reset (5 min)
 - Box breathing: Inhale 4 counts → Hold 4 → Exhale 6 → Hold 2. Repeat for 5 minutes. This stimulates vagal tone and shifts you into parasympathetic repair mode.

Why this matters:

Your cells accumulate debris daily—damaged proteins, oxidised fats, metabolic waste. Autophagy is your body's overnight cleaning crew. When you extend the fasting window slightly and add gentle movement, you amplify this process, clearing inflammation and making space for cellular renewal.

The Science

- Autophagy: Peaks after 12–16 hours of fasting, clearing damaged cellular components and reducing oxidative stress
- Fasted exercise: Increases AMPK activation, enhancing mitochondrial efficiency and fat oxidation
- Slow breathing: Reduces IL-6 and TNF-alpha (pro-inflammatory markers) while increasing heart rate variability—a key longevity biomarker



Disclaimer:

Although this protocol only invites a short fasting windows, fasting isn't suitable for everyone. Avoid the fasting ritual or consult a healthcare professional first if you are pregnant, breastfeeding, under 18, underweight, have a history of eating disorders, or have chronic conditions.

02

The Energy Ignition

Mitochondrial Activation & Circulation

The Ritual (15 minutes)

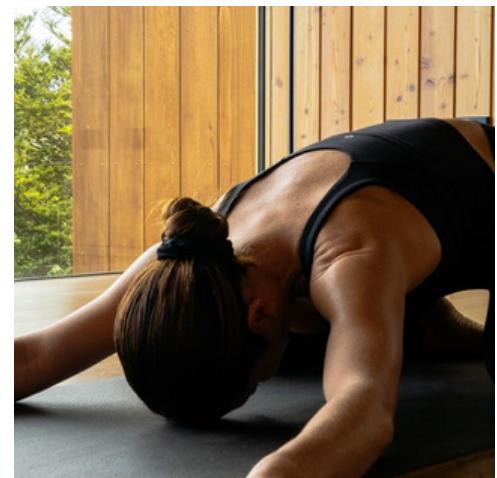
- Dynamic Awakening (10 min)
 - Perform a slow-flow sequence that moves every joint:
 - Neck rolls and shoulder circles
 - Ragdoll forward bend from the hips
 - Arm swings and torso twists
 - Standing or seated hip circles
 - Ankle rotations and calf raises
 - 2 minutes of light marching or dancing
 - Key: Move at 60–70% intensity. You should feel warm, not winded.
- Contrast Therapy (5 min)
 - End your shower with 30–60 seconds of cold water (as cold as tolerable). Full body cold shower is ideal, but if you're new to cold immersion you can start with just your face, neck, and wrists. Then return to warm for 30 seconds. Repeat 2–3 cycles.

Why this matters:

Your mitochondria are the powerhouses of every cell. They thrive on stimulus—movement, temperature shifts, and oxygen. Today's ritual wakes them up without exhaustion, improving energy production, circulation, and cellular resilience.

The Science

- Nitric oxide production: Gentle movement dilates blood vessels, improving oxygen delivery and waste removal
- Mitochondrial biogenesis: Thermal stress (hot/cold) activates PGC-1 α , creating new mitochondria and improving energy metabolism
- Cold exposure: Activates brown adipose tissue and increases norepinephrine, boosting alertness and metabolic rate



03

The Nervous System Rewild

Vagal Tone & Stress Resilience

The Ritual (15 minutes)

- Sensory Immersion (7 min)
 - Step outside or sit by an open window. For 7 minutes, do nothing but observe:
 - 5 things you can see (light, shadow, movement)
 - 4 things you can hear (distant, close, subtle)
 - 3 things you can feel (air, textures, temperature)
 - 2 things you can smell
 - 1 thing you can taste (or notice in your mouth)
- Tension Mapping (3 min)
 - In your journal, draw a simple body outline. Mark where you feel tension, tightness, or discomfort. Name the sensation (sharp, dull, hot, clenched).
- Coherent Breathing (5 min)
 - Breathe at a rate of 5–6 breaths per minute:
 - Inhale 5 counts → Exhale 5 counts.
 - This is the optimal rate for maximizing heart rate variability.

Why this matters:

Chronic stress keeps you in sympathetic overdrive—aging you faster. The antidote isn't just relaxation; it's nervous system flexibility. Today, you'll practice downregulating on demand, a skill that protects your heart, brain, and immune system.

The Science

- Nature exposure: Reduces cortisol by 12–15% in 10 minutes and increases parasympathetic activity
- Interoception (tension mapping): Strengthens insula activation, improving emotional regulation and stress response
- HRV optimization: Breathing at ~5.5 breaths/min synchronizes heart rate, blood pressure, and respiratory rhythms—a state called "coherence"



04

The Gut Renaissance

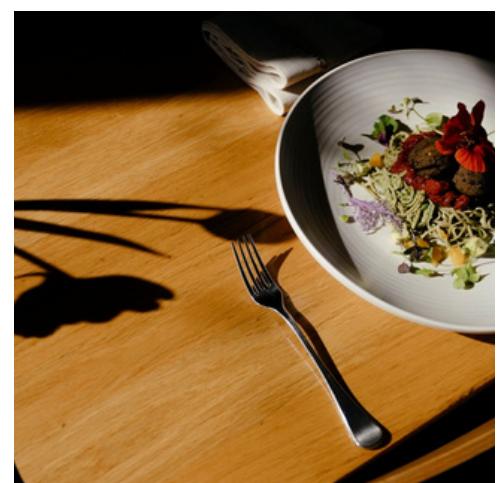
Microbiome Diversity & Metabolic Health

The Ritual (15 minutes)

- The Colour Plate Challenge
 - At one meal today, include at least 5 different colors from whole plants:
 - Red (tomato, pepper, strawberry)
 - Orange (carrot, sweet potato, orange)
 - Yellow (squash, corn, lemon)
 - Green (spinach, broccoli, kiwi)
 - Blue/Purple (blueberry, eggplant, cabbage)
- Fermented Food Inclusion
 - Add one serving of fermented food: unsweetened yogurt, kefir, kimchi, sauerkraut, miso, or kombucha.
- Mindful Eating Practice (10 min)
 - Eat one meal today without screens. Before each bite:
 - Look at the food
 - Smell it
 - Chew slowly (15–20 times per bite)
 - Notice flavours evolving
 - Put your utensil down between bites.

The Science

- Polyphenol diversity:
Different colored plants contain unique polyphenols that feed different bacterial species, increasing microbiome diversity by up to 25%
- Fermented foods: Deliver live probiotics and postbiotics (like SCFAs) that reduce systemic inflammation and strengthen the gut barrier
- Mindful eating: Activates the cephalic phase of digestion, increasing enzyme secretion and nutrient absorption by 20–30%



Why this matters:

Your gut is your second brain, producing 90% of your serotonin and communicating directly with your immune system. The diversity of your microbiome predicts everything from inflammation levels to cognitive function. Today's ritual feeds the good bacteria and starves the bad.

05

The Neuroplastic Spark

BDNF Activation & Cognitive Longevity

The Ritual (15 minutes)

- The Novelty Injection (10 min)
 - Do something you've never done before or haven't done in years. Ideas:
 - Take a completely new route on a familiar walk
 - Try a recipe from a cuisine you've never cooked
 - Listen to music in a language you don't speak
 - Write with your non-dominant hand
 - Learn 5 words in a new language
 - Draw something from observation
- Curiosity Journal (5 min)
 - Write freely about:
 - What surprised you during the novelty experience?
 - What did you notice in your body or emotions?
 - What micro-skill did you develop?

Why this matters:

Your brain remains plastic throughout life—but only if you challenge it. Novelty triggers the release of BDNF (brain-derived neurotrophic factor), which grows new neurons and strengthens existing connections. Mental stagnation is a choice. So is mental vitality.

The Science

- BDNF release: Novel experiences increase BDNF levels by 20–30%, promoting neurogenesis in the hippocampus (memory center) and prefrontal cortex (decision-making)
- Dopamine circuits: Novelty activates the ventral tegmental area, releasing dopamine and creating motivation and pleasure
- Cognitive reserve: Lifelong learning and novelty-seeking are the strongest predictors of maintained cognitive function in aging



06

The Connection Protocol

Oxytocin, Belonging & Longevity

The Ritual (15 minutes)

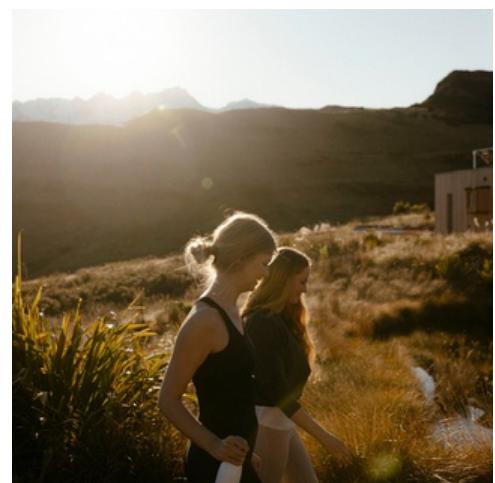
- Authentic Reach-Out (10 min)
 - Contact someone you care about—not via text, but through voice or face:
 - Call someone you've been thinking about
 - Video chat with a friend or family member
 - Meet someone for a walk
 - The rule: Give them your full, undistracted attention. Ask open questions. Listen more than you speak.
- Gratitude Expression (2 min)
 - Tell someone—in person, by phone, or in writing—one specific thing you appreciate about them. Be genuine, not generic.
- Connection Reflection (3 min)
 - Journal:
 - How did it feel to be fully present?
 - What did you notice in your body during connection?
 - What was received?

Why this matters:

The longest-running studies on human health (Harvard Study of Adult Development, Blue Zones research) point to one truth: the quality of your relationships predicts how long and how well you live. Connection is medicine. Today, you prescribe it to yourself.

The Science

- Oxytocin release:
Meaningful social interaction increases oxytocin, lowering cortisol, blood pressure, and inflammation markers
- Mortality risk: Strong social connections reduce all-cause mortality risk by 50%—equivalent to quitting smoking
- Prefrontal-amygdala coupling: Authentic connection strengthens neural circuits that regulate emotion and reduce anxiety



07

The Future Self Architect

Identity Integration & Habit Formation

The Ritual (15 minutes)

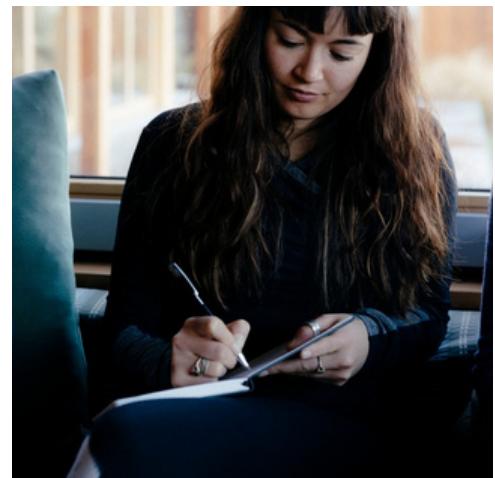
- Future Self Visualisation (7 min)
 - Close your eyes. Imagine yourself 10 years from now, having maintained these practices:
 - What do you look like? How do you move?
 - What's your energy like? Your posture?
 - How do you feel in your body?
 - What are you doing? Who are you with?
 - Make it vivid. Anchor into sensations, not just images.
- Letter from Your Future Self (5 min)
 - Write a short letter (5–7 sentences) from that future version of you to your present self. What guidance would they offer? What do they thank you for?
- Embodiment Movement (3 min)
 - Move as that future self would move. Stretches, standing poses, or simply walking around the room with their energy and presence.

Why this matters:

This week, you've practiced seven pathways to vitality. But rituals only become transformation when they're woven into identity. Today, you'll solidify the neural architecture of your future self—the person who makes these choices naturally, not effortfully.

The Science

- Mental contrasting: Visualising your desired future self while acknowledging present obstacles increases goal achievement by 30–40%
- Identity-based habits: Habits rooted in identity ("I am someone who moves daily") are 3x more likely to persist than behaviour-based goals ("I will exercise")
- Neural rehearsal: Visualisation activates the same motor and sensory cortices as actual practice, pre-wiring behavior change



Next Steps

After Day 7: What Next?

You've completed seven rituals. **Now choose one to keep.** Just one. The practice that felt most alive, most needed, most true. Do that one thing for 30 days.

Then add another. Longevity isn't built in intensity. It's built in return.

Ready to go Deeper? Join us for a 7 day immersion.

Completing even one day of this guide means you've already chosen to reset. At Aro Ha, those 10–15 minute rituals unfold into full days of immersion.

The Practices Deepen

- Morning movement becomes sunrise yoga overlooking Lake Wakatipu
- Cold exposure becomes alpine plunge pools fed by mountain streams
- Mindful eating becomes chef-crafted meals tailored to your microbiome
- Breathwork becomes guided sessions in silence, surrounded by nature
- Connection becomes authentic community with fellow seekers

The Science Strengthens

- Movement that builds strength without strain
- Nutrition protocols personalised to your body
- Sleep optimisation through design and environment
- Stress reduction via altitude, silence, and natural light cycles
- Workshops on longevity, movement, and mental vitality

The Results Expand

Guests report sustained energy, mental clarity, reduced inflammation, deeper sleep, and a renewed trust in their body's potential.

This 7-day protocol is the seed. The retreat is the full ecosystem.

Your Next Step

Immerse yourself in the complete Aro Ha experience—where every element of your environment supports your vitality.

Special Offer

As a thank you for beginning this journey, use code **AGEWELL200** at checkout for \$200 toward your first Aro Ha retreat.

* Valid until December 31, 2025. Cannot be used in conjunction with other offers.