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# DAVE ASPREY

EXPERIENCES



*Your path to living your longest,  
healthiest and best life.*

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## **COME TO THE HEART OF THE AMAZON, WHERE NATURE'S PULSE NEVER SLEEPS**

Dave Asprey Experiences invites you into the heart of the Amazon. One of the most biodiverse, ancient and alive places on earth. This is your first step. An introduction to a different way of living, one rooted in nature, community and the science of feeling truly well. At Fulfilled Life Amazon Lodge and Sanctuary, you will slow down, restore and reconnect. To your body. To the people around you. To something larger than the pace of daily life. Expect nourishing food grown steps from your table, ceremonies rooted in Amazonian tradition, world-class guidance from people who have dedicated their lives to longevity and fulfilled living, and the kind of stillness that only a rainforest can offer. You leave different. That is the point.

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## THE LONGEVITY TRIFECTA

The Longevity Trifecta is the foundation of your experience. It integrates three domains that together determine how long and how well you live: Longevity Medicine, Biohacking and Fulfilled Life. Longevity Medicine uses advanced root-cause diagnostics to identify what is driving how your body ages. Biohacking applies precision, data-driven interventions tailored to your unique physiology. Fulfilled Life treats meaning, purpose and alignment not as soft concepts but as measurable biological amplifiers. When your inner state and your physical health work in coherence, the body repairs, adapts and performs at a higher level for longer. Most longevity programs focus on biology in isolation. This is one integrated system, guided in the right order by world-leading experts, designed to help you live longer and live better.

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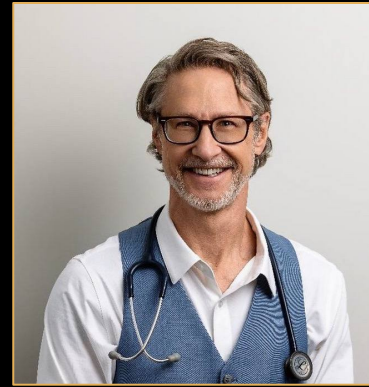
# MEET YOUR HOSTS

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**BIOHACKING**  
**DAVE ASPREY**

The creator of the biohacking movement, Dave Asprey is an award-winning entrepreneur and innovator in the health science space. He's the creator of Bulletproof Coffee and Danger Coffee, the host of the Webby Award-winning #1 rated health podcast, The Human Upgrade, and a four time New York Times bestselling author. He is also the founder of 40 Years of Zen.



**LONGEVITY MEDICINE**  
**DR. TIM COOK**

Gold Medalist from Queen's University and fellowship-trained at the University of Toronto, Dr. Cook served 20 years in the Canadian Forces, including as physician to two Governors General of Canada. Dr Cook now specializes in longevity medicine, using advanced genomics, metabolomics and functional health to target root causes and optimize lifespan.



**FULFILLED LIFE**  
**CÉLINE COUSTEAU**

Explorer, filmmaker, and humanitarian, Céline Cousteau carries forward the legacy of her grandfather Jacques Cousteau, through her nonprofit CauseCentric Productions. With a background in psychology and intercultural relations, Céline creates transformative experiences that inspire purpose and fulfillment.



**FULFILLED LIFE**  
**MARC KIELBURGER**

Harvard and Oxford-educated NYT bestselling author, health coach and Co-Founder of the Dalai Lama Center. Co-host of the My Legacy podcast and syndicated radio show on iHeart. He's received 10 honorary doctorates and is a leader in the science of connection, love and fulfillment.

# HIGHLIGHTS OF FULFILLED LIFE AMAZON

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- **Yoga Pavilion:** An open-air yoga and meditation space surrounded by rainforest, designed for movement, stillness and deep restoration.
- **Temazcal Sweat Lodge:** A traditional Amazon experience designed to purify, release and restore balance.
- **Plunge Pools:** Hot and cold plunge pools to invigorate the body and calm the mind.
- **Gym:** A space designed for strength, mobility and recovery, whether through HIIT sessions or mindful movement.
- **Accommodations:** Private, eco-luxe cabins with rainforest views, crafted for comfort and calm.
- **Rainforest Dining:** Meals unfold overlooking the Rio Napo with nourishing Amazonian superfoods and vibrant local flavors.
- **Napo Nook Bar:** A welcoming gathering place for smoothies, fresh-pressed juices and Ecuadorian coffee.
- **Fulfilled Life Amazon Superfood Farm:** Our on-site superfood farm supplies much of what we serve at the lodge while advancing conservation and community training.
- **Animal Sanctuary & Reserve:** A shelter for healing and rehabilitating Amazon animals.





# ACCOMMODATIONS

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Fulfilled Life Amazon Lodge & Sanctuary offers elegant, eco-luxe cabins crafted to bring comfort and calm to the heart of the Amazon.

Each cabin features climate control, floor-to-ceiling glass windows framing panoramic rainforest views and an outdoor veranda with a macrame hammock — a place to rest, reflect and feel immersed in nature.

Cabins are furnished with canopy beds, en-suite bathrooms, crisp cotton linens and whitewashed Nordic ceramic floors.

*All accommodations include ensuite bathrooms, daily cleaning, nightly turndown service and organic amenities — simple touches of care that support renewal and restoration.*







## THE FOOD: THE BULLETPROOF DIET

Every meal at Fulfilled Life Amazon Lodge and Sanctuary begins with the land itself. Fresh ingredients come directly from the Fulfilled Life Amazon Superfood Farm across the Napo River, brought to the table the same day they are harvested.

Our chef combines the Amazon's natural bounty with carefully sourced specialty ingredients from across Ecuador to create meals that are as nourishing as they are memorable. This is not a detox diet or a restriction program. It is simply real food, grown well, prepared with intention. Served at Mikuna restaurant with sweeping views of the Rio Napo, every meal is an experience in itself. Guests also have access to Bulletproof coffee and protocols, bringing Dave Asprey's foundational nutrition philosophy directly to the table.

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### DINING HIGHLIGHTS:

- Anti-inflammatory ingredients
- Longevity-promoting Amazonian superfoods like cacao, sacha inchi, chonta and others
- Flexibility for every dietary need: vegan, gluten-free, dairy-free, etc.
- Dishes designed to support gut health, restore energy and sustain presence throughout your stay

Food is served at Mikuna, our rainforest restaurant with sweeping views of the Rio Napo. Meals foster not just wellness but also connection and community.

# THE FULFILLED LIFE AMAZON SUPERFOOD FARM

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The Fulfilled Life Amazon Superfood Farm is at the heart of our conservation and community engagement — a place where nutrient-rich Amazonian superfoods like cacao, sacha inchi and chonta are grown with care and respect for the rainforest.

Here, the Melipona Bee Rescue Sanctuary protects stingless bees that are vital to biodiversity and rainforest regeneration.

By sourcing directly from the Superfood Farm, Fulfilled Life Amazon creates a closed-loop food system: fresh ingredients that nourish body and spirit, restore the land, strengthen local livelihoods and connect guests to the living story behind every meal.



# WELLNESS AT FULFILLED LIFE AMAZON RECONNECT MIND, BODY AND SOUL

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At Fulfilled Life Amazon Lodge & Sanctuary, wellness is not a single moment — it's a full-spectrum journey.

From ancient cacao ceremonies and rainforest sound baths to a state-of-the-art Biohacking Center and world-class gym, every experience is designed to reconnect your body, clear your mind and awaken your spirit. Whether you participate in some activities or all, this is your space to restore, recharge and return to yourself — fully.

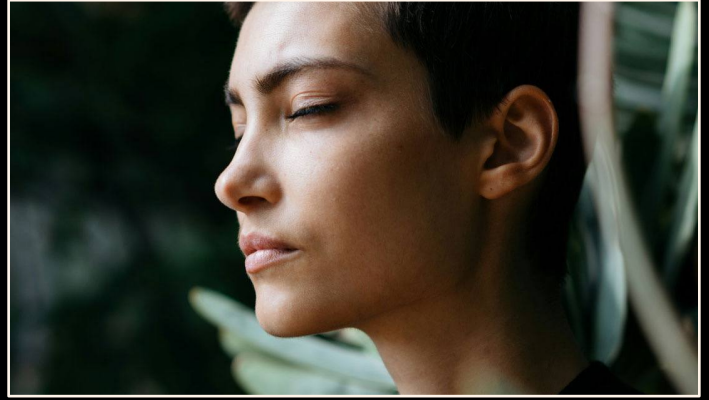


# WELLNESS AT FULFILLED LIFE AMAZON



## Detox Program

Reset your system through a curated cleanse using fresh, local ingredients.



## Sound Baths

Experience deep relaxation and clarity through curated healing vibrations.



## Biohacking Center

Sharpen your mind and biology through cutting-edge therapies such as Vagal Nerve Training.



## Shamanic Cleansing

Clear your energy and restore balance through this ancient Amazonian ritual.



## Temazcal Sweat Lodge

A traditional Amazon sweat lodge experience to foster deep purification and renewal.



## Hot and Cold Plunge

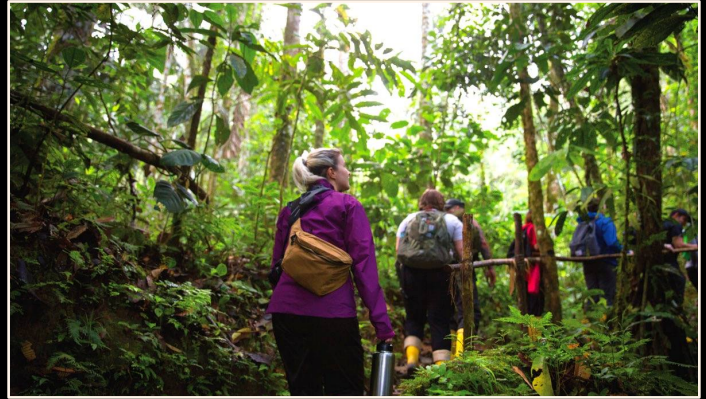
Rejuvenate your body and boost circulation through an invigorating cold plunge. Melt away tension and ignite deep relaxation in soothing hot pools.

# WELLNESS AT FULFILLED LIFE AMAZON



## Fully Equipped Gym

Gain optimal strength and wellness in our fully equipped gym.



## Forest Bathing

Reconnect and reflect on guided walks along lush rainforest trails.



## Yoga & Meditation Pavilion

Find balance and serenity in our open-air pavilion surrounded by nature.



## Sacred Cacao Ceremony

Awaken your senses, invite reflection and set intentions through mindful sips of pure cacao.



## Spa Indulgence and Massage Therapy

Restore and reawaken through holistic treatments that blend Amazonian botanicals with expert care, from deep massages to reflexology.



## Ayurvedic Healing

Elevate your well-being with ayurvedic healing (available with an additional cost). Explore ancient wisdom to balance your body and mind in the heart of the Amazon.

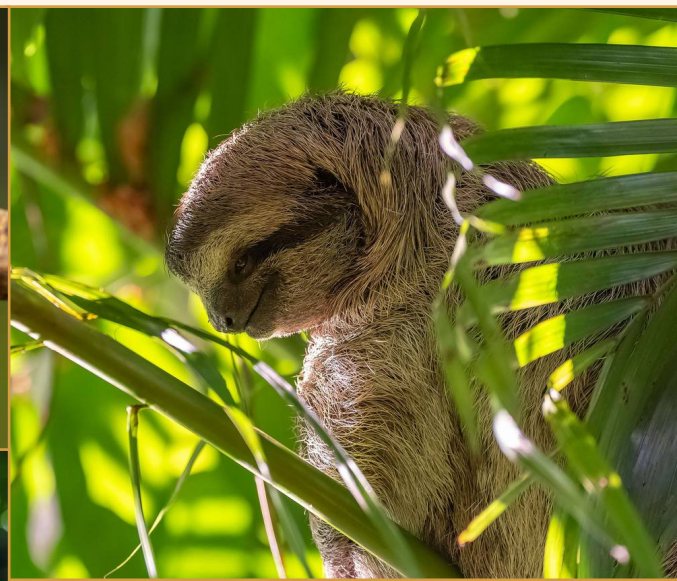
# WILDLIFE SANCTUARY AND RESCUE CENTER

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Set deep within 700 acres of protected Amazon rainforest, the Wildlife Sanctuary at Fulfilled Life Amazon Lodge is a living refuge for some of the region's most vulnerable species. It plays an important role helping to address the illegal wildlife trafficking that still goes on in Ecuador.

Here, dedicated conservation work rescues, rehabilitates and rewilds cherished Amazon animals — from caimans and tamarin monkeys to the beloved sloth. In partnership with government agencies and local ministries, our team steps in to help, providing medical care and recovery for rescued or wounded wildlife.

Some stay longer than others but, whenever possible, they are released back into their natural habitat. Each successful return strengthens local ecosystems and reinforces the fight against the illegal wildlife trade. Guests can volunteer to help or come to learn. As they restore their inner world, they'll witness the healing of the outer one — a rare and humbling connection to nature's intelligence, resilience and grace.



# ACTIVITES AT FULFILLED LIFE AMAZON



## Traditional Kichwa cooking

Visit a local farmer to help him harvest fruits and vegetables. Take them back to Fulfilled Life Amazon Lodge and join our Kichwa chefs for a cooking lesson that transforms local ingredients into delicious traditional dishes.



## Coffee tasting

Start your day with a coffee tasting of locally sourced and expertly roasted coffees. Try your hand at scoring the aroma, acidity, body, and flavor of coffee prepared in several ways.



## Weapons training

Follow the footsteps of an Indigenous weapons expert and learn how to throw a spear and shoot a blowgun. Test your precision as you take aim at targets of papayas mounted on sticks.



## Birdwatching

Paddle down a tributary of the Rio Napo by canoe or kayak where it is not unusual to spot more than 30 species of birds in one hour, like the prehistoric looking Hoatzin.



## Community and culture

Authentically experience what it is like to live in the Amazon. You will cook, craft and learn from local guides, artisans, farmers, chefs and Indigenous knowledge keepers.



## Rainforest exploration

Hike and canoe under the rainforest canopy to spot amazing wildlife and birdwatch. Or hop into an open-air truck and make your way further into the unexplored corners of the Amazon.

# MEET SOME OF OUR PAST GUESTS



▲ MARTIN LUTHER KING III | Thought Leader, Peace Maker, Negotiator



▲ DREW SCOTT | Property Brother, Actor, Entrepreneur



▲ LILY SINGH | TV Host, YouTuber, Comedian, Author



▲ NATALIE PORTMAN | Actor, Activist



▲ MALALA YOUSAFZAI | Activist



▲ MACHEL MONTANO | Singer, Songwriter

# SAMPLE ITINERARY



**DAY 1 — ARRIVAL.** Land in Quito. Overnight at airport hotel. Optional dinner, gentle movement or journaling time. Your reset begins now.

**DAY 2 — INTO THE AMAZON.** Morning flight from Quito to Coca. Canoe down the Rio Napo to Fulfilled Life Amazon Lodge and Sanctuary. Settle in, fresh juice at the Napo Nook and a lodge orientation. Evening welcome session with Dave Asprey and the full host team. Welcome dinner.

**DAY 3 — RESTORE AND RECONNECT.** Morning yoga and guided meditation. Breakfast at Mikuna. Morning masterclass with Dave Asprey on the fundamentals of biohacking, energy and what it actually means to feel well. Afternoon lecture with Dr. Tim Cook on longevity medicine, mitochondrial health and the science of living longer. Mindful eating experience with Marc Kielburger exploring the superfoods of the Amazon and how food becomes medicine. Evening sacred ceremony

**DAY 4 — NATURE AND COMMUNITY.** Early morning birdwatching by canoe. Morning yoga and breathwork. Breakfast at Mikuna. Morning session with Céline Cousteau on reconnecting to nature, purpose and the living world around us. Afternoon temazcal ceremony and hot and cold plunge. Evening fireside conversation with Dave Asprey and Dr. Tim Cook on performance, longevity and the habits that change everything. Dinner under the stars.

**DAY 5 — FARM, FOOD AND PURPOSE.** Early morning yoga and breathwork. Morning travel to the Fulfilled Life Amazon Superfood Farm. Guided walking tour through coffee, cacao, superfoods and the Melipona Bee Sanctuary led by Marc Kielburger. Farm lunch prepared from the morning's harvest. Return to the lodge for an afternoon workshop with Marc Kielburger and Céline Cousteau on community, impact and what it means to live a fulfilled life. Closing session with Dave Asprey and Dr. Tim Cook bringing together the week's key themes: longevity, purpose, nutrition and renewal. Closing dinner and reflection.

**DAY 6 — DEPARTURE.** Canoe back to Coca. Flight to Quito. Evening departures home.

**OR**

*Continue your adventure with an extension to the Quito, the Galapagos Islands, Machu Picchu or the Ecuadorian highlands. Enquire for details.*

# OPTIONAL EXTENSION PACKAGES FROM QUITO

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## QUITO, OTOVALO AND COTOPAXI

Start by enjoying Quito's many unique sights and activities. Drive overland to the regions of Otavalo and Cotopaxi for a unique glimpse into Ecuadorian life — from vast, open-air markets to snow-capped mountains in the highlands. Recharge and refresh at traditional and welcoming haciendas in the Andean mountain range. Enjoy optional daily hikes and excursions to breathtaking vistas, waterfalls and tranquil villages, all provided by our partner haciendas.



## GALAPAGOS ISLANDS

Join expert guides for an unforgettable journey to discover the remarkable biodiversity and flora and fauna of this famous archipelago. Located 1,000 km from the Ecuadorian mainland, enjoy a remote paradise made famous by Charles Darwin and explore the many natural wonders on land or by sea. No matter which option you choose, we are happy to create the perfect adventure for you. Book early to secure your spot — Galapagos trips sellout very quickly.



## MACHU PICCHU AND BEYOND

Start your journey in Peru's bustling coastal capital of Lima before traveling to the ancient city of Cusco. Spend a day wandering its cobblestone streets, exploring Inca ruins and admiring beautiful Spanish architecture against the backdrop of the cloud-topped Andes mountains. Then begin your journey to Machu Picchu, traveling through the Sacred Valley aboard a glass-topped Vista dome train. Along the way, take in stunning views of Peruvian villages nestled beside lush forests and rushing rivers. Your final ascent to Machu Picchu begins the next day.



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*Inquire for pricing.*

# JOIN US

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The Amazon basin as your backdrop. Ancient plant medicine wisdom alongside the most advanced longevity therapies available anywhere in the world. No other destination delivers this depth of transformation.

*\*Gene therapy is available on this trip.*



# YOUR JOURNEY OF RENEWAL AWAITS.

— *We hope you join us.* —

CONTACT US  
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