
DAVE ASPREY

EXPERIENCES



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



COME TO THE HEARTBEAT OF AFRICA, WHERE HUMANITY BEGAN

Dave Asprey Experiences invites you back to the cradle of humanity. East Africa. A stone's throw from the Great Rift Valley, where our species first emerged, and where something in you already knows you belong. This is not a wellness retreat. This is a return to source and in doing so reconnecting to ourselves, others and the world. At Fulfilled Life Masai Mara Camp, you will immerse yourself in the intersection of longevity medicine, biohacking and the art of living a fulfilled life, guided by world-leading experts against one of the most spiritually resonant landscapes on earth.

Expect deep conversations, transformative education and community built around shared purpose. Ceremonies rooted in ancient tradition. Engagement with a culture that has understood what it means to live well for thousands of years. You will reconnect to your body.

To the people beside you. To the world you are helping to build.

This is luxury with meaning. Transformation with roots.



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.

HIGHLIGHTS OF FULFILLED LIFE MAASAI MARA

- **Treetops Yoga Deck:** An open-air space with sweeping views of the hills. Fully equipped and warmed by a fireplace, it invites movement, stillness and reflection in equal measure.
- **Sunset Dining:** Meals unfold beneath the stars, with bonfires that spark conversation and connection long into the night.
- **The Coffee Bean:** A gathering spot for smoothies, local Kenyan coffee and light snacks.
- **Functional Training Gym:** A space designed for strength, mobility and recovery, whether through HIIT sessions or mindful movement.
- **Accommodations:** Eighteen luxury safari tents and two-family cottages create a private haven for up to 40 guests.
- **Oleleshwa Farm:** Our kitchen is nourished by our nearby organic, regenerative farm, bringing fresh, seasonal ingredients straight to your table.
- **Legacy College:** Every retreat contributes to education for more than 300 students, turning personal renewal into community impact.
- **Baraka Hospital:** A Level 4 community-run hospital that retreats help sustain — a reminder that wellness here extends beyond the camp into the lives of our neighbors.



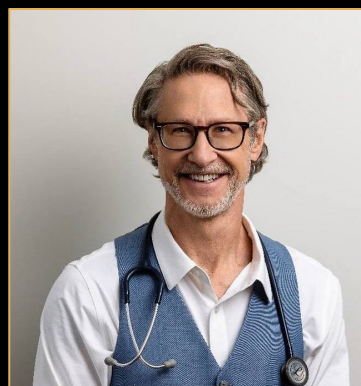


MEET YOUR HOSTS



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.

ACCOMMODATIONS

Fulfilled life Maasai Mara offers 18 luxury safari tents and 2 family cottages, creating space for up to 40 guests to comfortably experience the wild beauty of the Mara.

- Each tent can be arranged with twin or queen beds and features an ensuite bathroom and private deck — a place to rest, reflect and take in the rhythm of the savannah.
- Two family cottages provide a shared living space with fireplaces and two ensuite bedrooms, ideal for families or small groups who want both privacy and connection.

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

At Fulfilled Life Masai Mara Camp, every meal is rooted in the land itself. Fresh ingredients come directly from Olelewa Farm, a regenerative community-run superfood farm just 45 minutes away.

Guests are invited to visit the farm. You will have the opportunity to pick your own produce, knowing it will be prepared for your next meal — a rare chance to connect directly with the farmers and the land that sustains you.

DINING HIGHLIGHTS

- Anti-inflammatory ingredients
- Longevity-promoting East African superfoods
- Flexibility for every dietary need: vegan, gluten-free, KETO, dairy-free, etc.
- Dishes designed to support gut health, restore energy and sustain presence throughout your stay

Food is served buffet-style under the open sky, fostering not just wellness but also connection and community.

WELLNESS AMENITIES

Wellness at Fulfilled Life Masai Mara Camp is about creating space for movement, renewal and reconnection. Here, you have access to:

- The Treetops Yoga Deck — an open-air space with sweeping views, perfect for yoga, meditation or group sessions.
- Functional Training Gym — a fully equipped space for HIIT, mobility, strength training and recovery work.
- Open Savannah Trails — ideal for mindful walks, runs or guided movement with Maasai Warriors.
- Holistic Medicine Walks and Fireside Storytelling with Maasai Warriors.

Each amenity is designed to support energy, balance and presence, allowing guests to return home feeling restored and reconnected.





LEGACY COLLEGE: WHERE CONNECTION BECOMES IMPACT

Set against the dramatic backdrop of the Kenyan landscape, Legacy College is where the soul of Africa meets world-class facilities. It is a living symbol of what becomes possible when connection, purpose and community align.

Just minutes from Fulfilled Life Masai Mara Camp, Legacy College offers modern lecture halls, breakout rooms and gathering spaces designed for the kind of deep, focused work that only happens when you are fully present. No distractions. No noise. Just clarity.

Here, your group connects not only with each other but with something far greater. Every gathering held at Legacy College helps fund education for more than 300 local students, turning your time together into lasting impact.

This is what your experience is built on: connection to yourself, to the people beside you and to the world you are helping to build.



MEET SOME OF OUR PAST GUESTS



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



▲ NATALIE PORTMAN | Actor



▲ SATYA NADELLA | Executive Chairman / CEO of Microsoft



▲ MALALA YOUSAFZAI | Activist



▲ SELENA GOMEZ | Singer, Songwriter, Actor



▲ SIR RICHARD BRANSON | Business Magnate/Commercial Astronaut

SAMPLE ITINERARY



DAY 1 — ARRIVAL LAND IN NAIROBI. Tonight is yours. Optional dinner, gentle movement or journaling time. The reset begins now.

DAY 2 — INTO THE MARA. Fly in and arrive at Fulfilled Life Maasai Mara Camp. Settle in and lunch at the Sunset Platform. Afternoon at Legacy College, where you will meet the scholars. Your presence here supports their work and includes a conversation about purpose and what it means to live a life of meaning. Evening yoga at Treetops followed by a welcome dinner and fire circle. Tonight: Sacred ceremony

DAY 3 — BIOHACKING IN THE WILD. Morning nature walk with Maasai warriors. Advanced lecture with Dave Asprey on nervous system optimization and the science of nature immersion. Midday workshop: group conversation on biohacking your environment. Afternoon breathwork and meditation at Treetops. Evening: introduction to Maasai spiritual traditions and ancient healing practices around the fire.

DAY 4 — LONGEVITY AND LEGACY. Morning masterclass with Dr. Tim Cook covering mitochondrial health, sleep optimization and the real science of living longer. Yoga and breathwork with Dave to close the morning. Afternoon visit to Baraka Hospital, where we spend time with the community and explore what purpose-driven health looks like in practice. Tonight: Sacred ceremony

DAY 5 — COMMUNITY AND CONNECTION. Morning guided nature experience and cultural exchange with the Maasai community led by Céline Cousteau. Advanced lecture with Dave Asprey on performance nutrition and East African superfoods. Afternoon workshop: group dialogue on fulfillment, legacy and the bonds that sustain us. Evening dinner under the stars

DAY 6 — INTEGRATION. Morning workshop on regenerative living and the wisdom systems that have sustained this land and its people for generations. Optional Maasai warrior training. Afternoon restorative yoga and breathwork with Dave. Closing reflections and ceremony around the fire.

DAY 7 — DEPARTURE. Return flight to Nairobi. Evening departure. You leave restored, reset and clear.



OR

Continue your adventure with a safari extension, a beach stay or trek with gorillas. Enquire for details.

OPTIONAL EXTENSION PACKAGE: SAFARI UNDER THE STARS KENYA

Safari in the Maasai Mara is unlike anything else on earth. Extend your adventure with a guided safari experience during your stay in Kenya.

YOUR EXPERIENCE INCLUDES :

- Morning and afternoon game drives across the Maasai Mara's vast plains, guided by expert rangers who know the land and its wildlife intimately.
- Optional bush breakfasts in the wild, surrounded by sweeping views and the sounds of nature.
- Wildlife tracking with professional guides, with opportunities to spot elephants, giraffes, lions, zebras and more in their natural habitats.

Enquire for pricing.



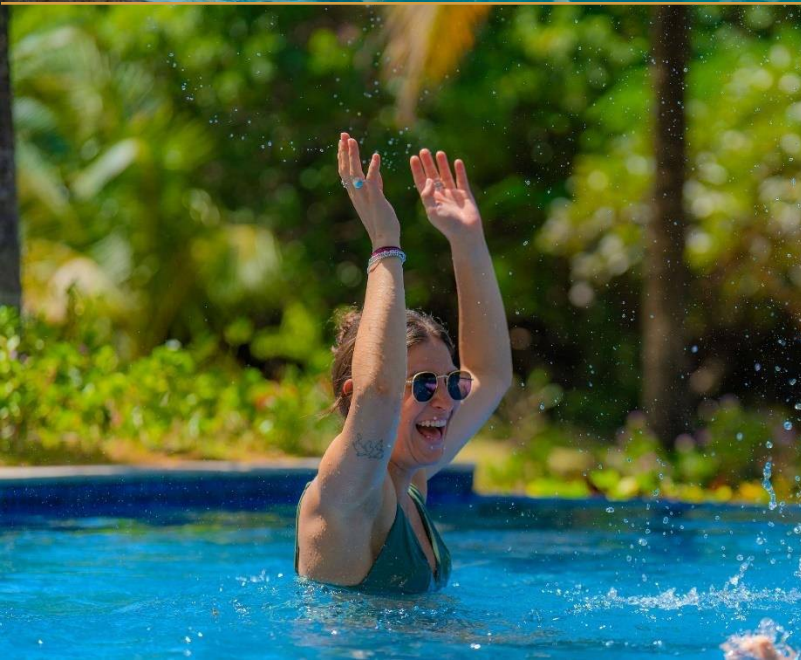
ADDITIONAL FULFILLED LIFE TRAVEL PROPERTIES

EMBARK ON AN EXTRAORDINARY NEW WELLNESS EXPERIENCE AT KILIFI BEACH VILLAS, KENYA

Kilifi Beach Villas is a stunning luxury property nestled on the pristine white sands of Bofa Beach on Kenya's East Coast.

With private access to a serene stretch of soft sand beach and endless horizons, it's one of the most tranquil healing environments in the world. The resort will soon offer an unparalleled world-class wellness experience designed to set you on a path of reconnection and renewal – to yourself, your health and creating a life that feels full.





OTHER AFRICA ADVENTURES

GORILLA/CHIMPANZEE TREKKING

The Virunga Mountains are home to about 480 mountain gorillas, over half of the world's entire population. In Volcanoes National Park, twelve groups are now habituated for gorilla safaris, more than anywhere else in the world. It's a rare opportunity to observe these magnificent animals up close and in their environment.

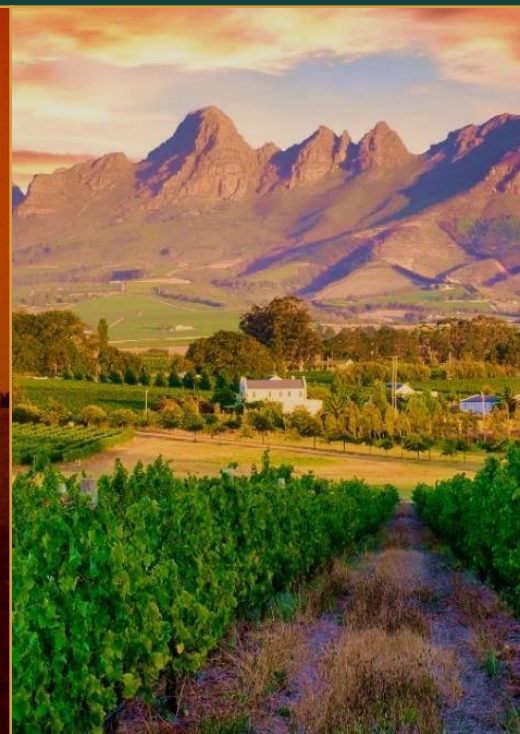
THE ANCIENT CIVILIZATION OF EGYPT

The great pyramids of Giza and countless other treasures have beckoned the curious to Egypt for more than two millennia. Today, travelers still come to this exotic destination in search of its iconic ancient wonders including the magnificent royal tomb of the Valley of the Kings, the pharaonic temples of the Nile and Luxor, the largest open-air museum in the world.

SOUTH AFRICA WINE TOURS

South Africa has gained an international reputation for its food and wine. Gourmet gastronomy in acclaimed vineyard restaurants, local farm-to-fork bistros and deeply relaxed fireside braais offer world-class cuisine whilst remaining authentic to their African roots.

Enquire for pricing.



JOIN US

Arrive in Nairobi. Move through landscapes that have no equal. Two cohorts. Two weeks across one of the most emotionally and spiritually resonant places on earth. Safari mornings, community evenings and the kind of silence that recalibrates everything.

This is not a safari. This is a homecoming.

**Gene therapy is available on this trip.*



A sunset over a savanna landscape. The sky is filled with soft, colorful clouds in shades of blue, purple, and orange. The sun is a bright, glowing orb on the horizon. In the foreground, there is a dirt road leading into the distance. A safari vehicle is visible on the road, and several acacia trees are scattered across the landscape.

YOUR JOURNEY OF ADVENTURE AWAITS

— *We hope you join us.* —

CONTACT US
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