



TheLifeCo[®]
HOLISTIC WELLBEING

Mental Wellness

PROGRAMS

www.thelifeco.com

TheLifeCo's Approach to Mental Wellness

True health transcends the physical; it's a harmonious blend of mental, emotional, and physical wellbeing. Our Mental Wellness Programs are designed for anyone seeking positive inner change.

We offer a serene, non-clinical setting that emphasizes personal growth and awareness. Each program is meticulously tailored to meet the unique needs of each participant, focusing on increasing awareness and fostering personal development.

Here, in a safe and supportive environment, our experts guide you through understanding both your inner self and the world around you, equipping you with lifelong coping strategies. We are dedicated to helping you gain a deeper understanding of your life, which is the first step towards meaningful change.



Mental Wellness Program



Our Mental Wellness Program is all about helping you hit pause, breathe, and find your inner calm. It's a space where you can step away from the noise of everyday life and focus on reconnecting with yourself. We blend modern treatments with time-honored practices like yoga, meditation, and nutrition to help you feel mentally and emotionally balanced. Whether you're dealing with stress or just looking to clear your mind, this program gives you the tools to reset, refocus, and move forward with clarity.

Weekly Mental Wellness Program

These activities are offered to everyone within the facility.

These activities are the components of our Mental Wellness Program.

Workshops marked in red are designed exclusively for guests of the Mental Wellness Program.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
07:00	Morning Walk	Morning Walk	Morning Walk	Morning Walk	Morning Walk	Morning Walk	Morning Walk
08:00	Wim Hof Breath & Cold Plunge (Group)	Wim Hof Breath & Cold Plunge (Group)					
08:30							
09:00	Sensate & Braintap	Sensate & Braintap	Sensate & Braintap	Sensate & Braintap	Sensate & Braintap	Sensate & Braintap	Sensate & Braintap
09:30	Emotiv First Consultation	DYNAMIC YOGA (Beginner - Mid Level)	DYNAMIC YOGA (Beginner - Mid Level)	DYNAMIC YOGA (Beginner - Mid Level)	DYNAMIC YOGA (Beginner - Mid Level)	DYNAMIC YOGA (Beginner - Mid Level)	Emotiv Final Rewiev Consultation
10:30							
11:00	Community Experience Sharing	Longevity Talk with Dr. Bedreddin Ulusoy	Community Experience Sharing	Cope with Your Schemas: Art of Coping	MINDFUL DRAWING WORKSHOP	MINDFUL DRAWING WORKSHOP	
12:00							
12:30							
13:00			Mental Wellness Follow-ups		Mental Wellness Follow-ups		
13:30		Meet Your Schemas: Art of Awareness					
14:00	GENTLE YOGA (Beginner - Mid Level)	GENTLE YOGA (Beginner - Mid Level)	GENTLE YOGA (Beginner - Mid Level)	CHI GONG YOGA	GENTLE YOGA (Beginner - Mid Level)	GENTLE YOGA (Beginner - Mid Level)	GENTLE YOGA (Beginner - Mid Level)
15:00	MEDITATION (Breath)	MEDITATION (Emotions)	MEDITATION (Intuition)	MEDITATION (Focus)	MEDITATION (Manifestation)	MEDITATION (Awareness)	MEDITATION (Sound)
15:30							
16:00	FUNCTIONAL FITNESS TRAINING		FUNCTIONAL FITNESS TRAINING		FUNCTIONAL FITNESS TRAINING		
17:00	WELLNES CUISINE RAW FOOD & JUICE WORKSHOP	MENTAL WELLNESS AT THELIFE CO TALK	POST PROGRAM NUTRITION TALK	WELLNESS THERAPIES TALK BIOHACKING & IV THERAPIES	DIGESTIVE WELLNESS TALK DR. CENGIZ BABACAN	POST PROGRAM NUTRITION TALK	LIFESTYLE CHANGE & MINDFUL LIVING TALK
17:30							
18:00							
18:30							
19:00							
20:00	PROGRESSIVE MUSCLE RELAXATION SOMATIC EXERCISE	MEDITATION AS A TOOL FOR CHANGE WORKSHOP	MINDFUL DRAWING WORKSHOP	DANCE & HEAL ACTIVITY			
20:30							
21:00							

*The activity times for Morning Walk and Wim Hof Breath & Cold Plunge vary according to the summer and winter seasons.

*Subject to change in terms of arrival time and availability.

Our Special Programs

At TheLifeCo, we've also crafted three unique programs to help you dive deeper into your mental wellness journey, each designed to address specific needs.



Emotional Wellness Program

If you often feel down, anxious, or angry, experience mood changes, find yourself losing confidence or interest in activities you once enjoyed, or experience symptoms of depression, our Emotional Wellness Program is here for you. This program is expertly designed to help you regain emotional balance and stability for a better-quality life.



This Program is Perfect for You If...

- You carry unresolved emotional issues from the past, impacting your present wellbeing.
- You tend to pick harmful coping mechanisms to suppress negative emotions.
- You have increased sensitivity to small annoyances, resulting in frequent mood swings.
- You find it hard to connect with others or enjoy social activities that once brought happiness.
- You have symptoms of emotional imbalance with physical ailments like digestive issues or chronic pain.
- You want to change your unhealthy lifestyle choices with long-lasting healthy ones.

Benefits of the Program

- Achieve a more stable emotional state by understanding your emotional triggers better.
- Learn healthier coping strategies to manage negative emotions.
- Rediscover your passion and motivation for life and the joy in activities you once loved.
- Alleviate physical symptoms linked to emotional stress by addressing underlying physical and emotional issues.
- Cultivate a sense of peace and confidence.

Weekly Emotional Wellness Program

These activities are offered to everyone within the facility.

These activities are the components of our Mental Wellness Program.

These therapies are included in the essential package.

These therapies are exclusive for the Ultimate package.

Workshops marked in red are designed exclusively for guests of the Mental Wellness Program.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
07:00	Morning Walk	Morning Walk	Morning Walk	Morning Walk	Morning Walk	Morning Walk	Morning Walk
08:00	Wim Hof Breath & Cold Plunge	Wim Hof Breath & Cold Plunge	Wim Hof Breath & Cold Plunge	Wim Hof Breath & Cold Plunge	Wim Hof Breath & Cold Plunge	Wim Hof Breath & Cold Plunge	Wim Hof Breath & Cold Plunge
08:30							
09:00	Sensate & Braintap	Sensate & Braintap	Sensate & Braintap	Sensate & Braintap	Sensate & Braintap	Sensate & Braintap	Sensate & Braintap
09:30	Emotiv First Consultation	DYNAMIC YOGA (Beginner - Mid Level) + RELAXATION	DYNAMIC YOGA (Beginner - Mid Level) + RELAXATION	DYNAMIC YOGA (Beginner - Mid Level) + RELAXATION	DYNAMIC YOGA (Beginner - Mid Level) + RELAXATION	DYNAMIC YOGA (Beginner - Mid Level) + RELAXATION	Emotiv Final Review Consultation
10:30							
11:00	Community Experience Sharing	Longevity Talk with Dr. Bedreddin Ulusoy	Community Experience Sharing	Cope with Your Schemas: Art of Coping	MINDFUL DRAWING WORKSHOP	MINDFUL DRAWING WORKSHOP	
12:00					ZeroBody - 2		Wheatgrass & Probiotic Enema
12:30	Glutathione IV 1200 mg			AntiStress Protocol		Coffee Enema - 2	
13:00	ZeroBody - 1	Meet Your Schemas: Art of Awareness	Mental Wellness Follow-ups		Mental Wellness Follow-ups		
13:30				RedLight Bed - 2			
14:00	GENTLE YOGA (Beginner - Mid Level)	GENTLE YOGA (Beginner - Mid Level)	GENTLE YOGA (Beginner - Mid Level)	CHI GONG YOGA	GENTLE YOGA (Beginner - Mid Level)	GENTLE YOGA (Beginner - Mid Level)	GENTLE YOGA (Beginner - Mid Level)
15:00	MEDITATION (Breath)	MEDITATION (Emotions)	MEDITATION (Intuition)	MEDITATION (Focus)	MEDITATION (Manifestation)	MEDITATION (Awareness)	MEDITATION (Sound)
16:00	FUNCTIONAL FITNESS TRAINING		FUNCTIONAL FITNESS TRAINING		FUNCTIONAL FITNESS TRAINING		
16:30	RedLight Bed - 1		SleepWell Protocol			Ozon Sauna	
17:00	WELLNES CUISINE RAW FOOD & JUICE WORKSHOP	MENTAL WELLNESS AT THELIFE CO TALK	POST PROGRAM NUTRITION TALK	WELLNESS THERAPIES TALK BIOHACKING & IV THERAPIES	DIGESTIVE WELLNESS TALK DR. CENGIZ BABACAN	POST PROGRAM NUTRITION TALK	LIFESTYLE CHANGE & MINDFUL LIVING TALK
17:30							
18:00		Coffee Enema	Private Meditation				
19:00					Private Meditation - 2		
19:30				Relaxing Massage			
20:00	PROGRESSIVE MUSCLE RELAXATION SOMATIC EXERCISE	MEDITATION AS A TOOL FOR CHANGE WORKSHOP	MINDFUL DRAWING WORKSHOP	DANCE & HEAL ACTIVITY			
20:30							
21:00							

*The activity times for Morning Walk and Wim Hof Breath & Cold Plunge vary according to the summer and winter seasons.

*Subject to change in terms of arrival time and availability.



Mental Wellness Initial Consultation with Emotiv Assessment:

We combine self-reported information, a mental wellness questionnaire, and Emotiv brain activity measurements to customize your retreat for targeted emotional wellbeing.



Red Light Bed Therapy:

Reduces stress and inflammation, enhancing mood and energy essential for emotional balance.



Sleep Well Protocol:

Our protocol, including a melatonin shot, regulates your sleep patterns to improve mood and reduce stress.



Coffee Enema:

Detoxifies the liver and colon, clearing toxins that impair mental clarity and emotional stability.



Private Meditation:

Tailored guidance in meditation fosters mental clarity and emotional well-being, providing you with effective strategies to enhance your overall mood.



Relaxing Massage for Releasing Emotional Blockages (Thai, Balinese, or Aromatherapy):

These massages alleviate deep-seated emotional tension and promote relaxation.



ZeroBody:

Creates a state of weightlessness to significantly lessen mental and physical stress, aiding emotional stability.



Wheatgrass & Probiotic Enema:

Enhances gut health, which is crucial for mental clarity and mood stability, by detoxifying and supporting healthy gut flora.



Mental Wellness Way Forward Consultation with Emotiv Assessment:

We evaluate your progress and refine your ongoing mental wellness strategies, ensuring you have a clear plan for continued emotional wellbeing.

Boosting Brain Power Program

If you often feel exhausted, anxious, struggling with concentration, battling memory lapses, or simply feeling mentally sluggish, our Boosting Brain Power Program is here for you. This program is tailored to rejuvenate your mind and guide you towards a more organized daily life or a successful professional journey.



This Program is Perfect for You If...

- Your brain feels foggy, and you often feel tired.
- You struggle to stay focused and productive.
- You experience cognitive symptoms of stress, such as forgetfulness.
- You find it challenging to stay organized in your daily life.
- You feel overwhelmed by professional stress.
- You notice a decline in your problem-solving abilities
- You find it hard to make decisions quickly and effectively.

Benefits of the Program

- Clears mental fog and reduces fatigue.
- Enhances focus and productivity.
- Improves memory and reduces forgetfulness.
- Helps you stay organized in daily life.
- Enables you to reduce and manage stress.
- Enhances decision-making skills and effectiveness

Weekly Boosting Brain Power Program

These activities are offered to everyone within the facility.

These activities are the components of our Mental Wellness Program.

These therapies are include in the essential package.

These therapies are exclusive for the Ultimate package.

Workshops marked in red are designed exclusively for guests of the Mental Wellness Program.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
07:00	Morning Walk	Morning Walk	Morning Walk	Morning Walk	Morning Walk	Morning Walk	Morning Walk
08:00	Wim Hof Breath & Cold Plunge	Wim Hof Breath & Cold Plunge	Wim Hof Breath & Cold Plunge	Wim Hof Breath & Cold Plunge	Wim Hof Breath & Cold Plunge	Wim Hof Breath & Cold Plunge	Wim Hof Breath & Cold Plunge
08:30							
09:00	Sensate & Braintap	Sensate & Braintap	Sensate & Braintap	Sensate & Braintap	Sensate & Braintap	Sensate & Braintap	Sensate & Braintap
09:30	Emotiv First Consultation	DYNAMIC YOGA (Beginner - Mid Level) + RELAXATION	DYNAMIC YOGA (Beginner - Mid Level) + RELAXATION	DYNAMIC YOGA (Beginner - Mid Level) + RELAXATION	DYNAMIC YOGA (Beginner - Mid Level) + RELAXATION	DYNAMIC YOGA (Beginner - Mid Level) + RELAXATION	Emotiv Final Rewiev Consultation
10:30							
11:00	Community Experience Sharing	Longevity Talk with Dr. Bedreddin Ulusoy	Community Experience Sharing	Cope with Your Schemas: Art of Coping	MINDFUL DRAWING WORKSHOP	MINDFUL DRAWING WORKSHOP	
12:00							Head & Face Massage
12:30	Brain Protocol	TES - 1	TES - 2	TES - 3	TES - 4		
13:00		Meet Your Schemas: Art of Awareness	Mental Wellness Follow-ups		Mental Wellness Follow-ups		
13:30						RedLight Bed - 2	
14:00	GENTLE YOGA (Beginner - Mid Level)	GENTLE YOGA (Beginner - Mid Level)	GENTLE YOGA (Beginner - Mid Level)	CHI GONG YOGA	GENTLE YOGA (Beginner - Mid Level)	GENTLE YOGA (Beginner - Mid Level)	GENTLE YOGA (Beginner - Mid Level)
15:00	MEDITATION (Breath)	MEDITATION (Emotions)	MEDITATION (Intuition)	MEDITATION (Focus)	MEDITATION (Manifestation)	MEDITATION (Awareness)	MEDITATION (Sound)
16:00	FUNCTIONAL FITNESS TRAINING		FUNCTIONAL FITNESS TRAINING		FUNCTIONAL FITNESS TRAINING	Private Meditation - 2	Wheatgrass & Probiotic Enema
16:30	SleepWell Protocol		NAD IV 100 mg	RedLight Bed - 1			
17:00	WELLNES CUISINE RAW FOOD & JUICE WORKSHOP	MENTAL WELLNESS AT THELIFE CO TALK	POST PROGRAM NUTRITION TALK	WELLNESS THERAPIES TALK BIOHACKING & IV THERAPIES	DIGESTIVE WELLNESS TALK DR. CENGIZ BABACAN	POST PROGRAM NUTRITION TALK	LIFESTYLE CHANGE & MINDFUL LIVING TALK
17:30							
18:00			Private Meditation				
19:00							
19:30					Thai Massage		
20:00	PROGRESSIVE MUSCLE RELAXATION SOMATIC EXERCISE	MEDITATION AS A TOOL FOR CHANGE WORKSHOP	MINDFUL DRAWING WORKSHOP	DANCE & HEAL ACTIVITY			
20:30							
21:00							

*The activity times for Morning Walk and Wim Hof Breath & Cold Plunge vary according to the summer and winter seasons.

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Mental Wellness Initial Consultation with Emotiv Assessment:

We combine self-reported information, a mental wellness questionnaire, and Emotiv brain activity measurements to tailor your retreat specifically for enhancing cognitive function.



TES (Transcranial Electrical Stimulation):

This non-invasive treatment uses mild electrical pulses to stimulate brain activity, improving your focus, memory retention, and cognitive agility.



Brain Protocol (Glutathione 1800 mg, Vit B1, Vit B6, Zinc, Folic Acid):

This nutrient-rich infusion boosts your brain's health, improving nerve function and supporting cognitive performance with essential vitamins and antioxidants.



NAD+ 100 mg:

Boosts cellular energy and neuronal repair, essential for maintaining robust brain function and slowing cognitive aging.



Red Light Therapy:

Aims to enhance cognitive functions and mood by stimulating brain cells with therapeutic red light, reducing inflammation and promoting overall mental clarity.



Personal Trainer or Reformer Pilates:

These sessions boost physical fitness and mental clarity through improved circulation and oxygen flow, while also helping release endorphins that enhance mood.



Mental Wellness Way Forward Consultation with Emotiv Assessment:

We reevaluate your cognitive improvements and adjust your ongoing mental wellness strategies setting you up with a comprehensive plan for sustaining cognitive health post-retreat.

Stress Management Program

If you are struggling with stress, it is time to exude calm, boost happiness, and reclaim your zest for a restful life with our Stress Management Program. This program is designed to help you improve stress levels and reduce burnout sustainably while increasing your focus on what is really important to you.



This Program is Perfect for You If..

- You feel overwhelmed by daily responsibilities.
- You struggle with maintaining a work-life balance.
- You experience constant fatigue, headaches, or muscle tension.
- You find it hard to unwind and have difficulty sleeping.
- You often feel nervous or anxious about the future.
- You struggle to stay focused and productive.
- You find it hard to connect with others or enjoy social activities.
- You want more peace in your life and achieve a balanced lifestyle.

Benefits of the Program

- Regain control and find tranquility in your day-to-day life.
- Reduce anxiety and nervousness.
- Enhance your work-life harmony.
- Relieve stress-related physical discomfort.
- Improve your sleep quality.
- Cultivate a sense of peace and confidence.
- Boost your concentration and performance.
- Build social skills and foster meaningful relationships.

Weekly Stress Management Program

These activities are offered to everyone within the facility.

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
07:00	Morning Walk	Morning Walk	Morning Walk	Morning Walk	Morning Walk	Morning Walk	Morning Walk
08:00	Wim Hof Breath & Cold Plunge	Wim Hof Breath & Cold Plunge	Wim Hof Breath & Cold Plunge	Wim Hof Breath & Cold Plunge	Wim Hof Breath & Cold Plunge	Wim Hof Breath & Cold Plunge	Wim Hof Breath & Cold Plunge
08:30							
09:00	Sensate & Braintap	Sensate & Braintap	Sensate & Braintap	Sensate & Braintap	Sensate & Braintap	Sensate & Braintap	Sensate & Braintap
09:30	Emotiv First Consultation	DYNAMIC YOGA (Beginner - Mid Level)	DYNAMIC YOGA (Beginner - Mid Level)	DYNAMIC YOGA (Beginner - Mid Level)	DYNAMIC YOGA (Beginner - Mid Level)	DYNAMIC YOGA (Beginner - Mid Level)	Emotiv Final Rewiev Consultation
10:30							
11:00	Community Experience Sharing	Longevity Talk with Dr. Bedreddin Ulusoy	Community Experience Sharing	Cope with Your Schemas: Art of Coping	MINDFUL DRAWING WORKSHOP	MINDFUL DRAWING WORKSHOP	
12:00							
12:30	AntiStress Protocol				Head & Face Massage		
13:00		Meet Your Schemas: Art of Awareness	Mental Wellness Follow-ups	Private Meditation - 1	Mental Wellness Follow-ups		Wheatgrass & Probiotic Enema
13:30	Zerobody - 1						
14:00	GENTLE YOGA (Beginner - Mid Level)	GENTLE YOGA (Beginner - Mid Level)	GENTLE YOGA (Beginner - Mid Level)	CHI GONG YOGA	GENTLE YOGA (Beginner - Mid Level)	GENTLE YOGA (Beginner - Mid Level)	GENTLE YOGA (Beginner - Mid Level)
15:00	MEDITATION (Breath)	MEDITATION (Emotions)	MEDITATION (Intuition)	MEDITATION (Focus)	MEDITATION (Manifestation)	MEDITATION (Awareness)	MEDITATION (Sound)
16:00	FUNCTIONAL FITNESS TRAINING		FUNCTIONAL FITNESS TRAINING	SleepWell Protocol	FUNCTIONAL FITNESS TRAINING	Private Meditation - 2	
16:30	Ozone Sauna			Zerobody - 2	Curcumin IV 50 mg		
17:00	WELLNES CUISINE RAW FOOD & JUICE WORKSHOP	MENTAL WELLNESS AT THELIFE CO TALK	POST PROGRAM NUTRITION TALK	WELLNESS THERAPIES TALK BIOHACKING & IV THERAPIES	DIGESTIVE WELLNESS TALK DR. CENGIZ BABACAN	POST PROGRAM NUTRITION TALK	LIFESTYLE CHANGE & MINDFUL LIVING TALK
17:30							
18:00							
18:30							
19:00			Lymphatic Massage				
20:00	PROGRESSIVE MUSCLE RELAXATION	MEDITATION AS A TOOL FOR CHANGE WORKSHOP	MINDFUL DRAWING WORKSHOP	DANCE & HEAL ACTIVITY			
20:30	SOMATIC EXERCISE						
21:00							

*The activity times for Morning Walk and Wim Hof Breath & Cold Plunge vary according to the summer and winter seasons.

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Mental Wellness Initial Consultation with Emotiv Assessment:

We combine self-reported information, a mental wellness questionnaire, and Emotiv brain activity measurements to customize your retreat for effective stress management.



Anti-Stress IV:

A targeted infusion that delivers vitamins and minerals essential for reducing physiological stress and enhancing overall wellbeing.



Curcumin 50 mg:

Administered to leverage its potent anti-inflammatory effects, curcumin helps reduce the physical symptoms associated with stress.



ZeroBody Therapy:

Provides a unique relaxation experience by inducing a state of weightlessness, which significantly reduces physical and mental stress. Can be combined with IV therapies to enhance benefits.



Red Light Bed Therapy:

Employs red light to improve cellular health and reduce inflammation, enhancing mental clarity and mood stabilization.



Private Meditation:

Sessions are tailored to teach you effective stress management techniques through meditation, enhancing your ability to cope with daily pressures.



Wheatgrass & Probiotic Enema:

Enhances gut health, which is crucial for mental clarity and mood stability, by detoxifying and supporting healthy gut flora.



Mental Wellness Way Forward Consultation with Emotiv Assessment:

We evaluate your progress and refine your ongoing mental wellness strategies, ensuring you have a clear plan for continued emotional wellbeing.