



THE REVERSE AGING CHALLENGE

GUARO, SPAIN

MARCH 21-27 2026



 breathingflame.com

A POWERFUL RESET FOR YOUR BODY AND MIND

Join us in the serene Spanish countryside, between Marbella and Málaga, for **The Reverse Aging Challenge**, a transformative experience designed to help you build lasting habits to boost your healthspan and rejuvenate your body.

This immersive reset introduces powerful natural tools rooted in science and tradition: breathwork, intermittent fasting, cold and heat exposure, conscious movement, and mindset training. More than just a retreat, this is a systems-based reset designed for you to take ownership of your health.

You'll walk away with:

- A renewed connection to your body and biology.
- A grounded, sustainable habit foundation for long-term health.
- The confidence and clarity to integrate what you've learned into daily life.

PROGRAM HIGHLIGHTS

- Daily expert-led sessions in breathwork, fasting, cold/heat exposure, and functional movement
- Guided integration and reflection practices
- Small cohort (max 10 participants) for deep connection and individualized support
- Chef-prepared meals aligned with metabolic health



RETREAT LOCATION: COSTA DEL SOUL

An award-winning wellness venue nestled in the hills outside Málaga, Costa del Soul provides the perfect natural setting for deep reset and reconnection. Less than an hour from Málaga International Airport, the space features open-air movement areas, shared lounges, and a peaceful natural backdrop for reflection and rejuvenation.

ACCOMMODATION

Stay in beautifully appointed glamping tents (shared occupancy, 2 per tent). Each tent includes proper beds with premium mattresses and linens, electricity, and space to rest and reflect. Single occupancy also available.

RECOMMENDED

Package	7-Day Reset	5-Day Reset	3-Day Reset
Double Occupancy	1.950€	1.550€	1.150€
Single Occupancy	2.250€	1.850€	1.450€



WHAT'S INCLUDED

- Accommodations at Costa del Soul for chosen package
- All meals (nutrient-dense, Mediterranean style)
- All workshops, sessions, and materials

NOT INCLUDED

Airfare, ground transportation (we can help arrange), additional therapies or private sessions.

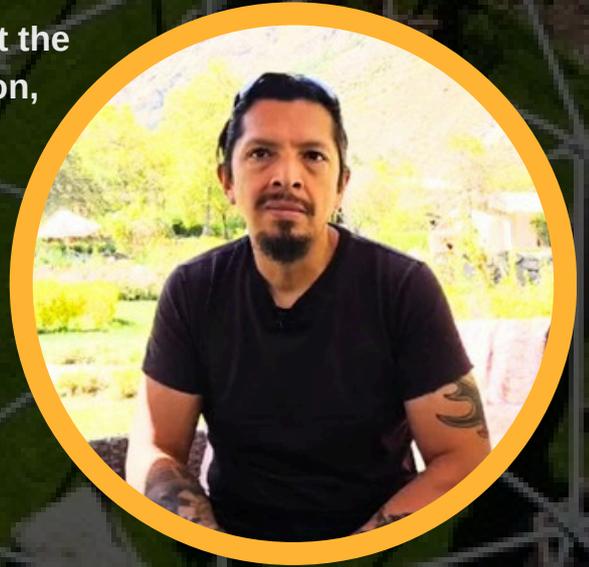
Book with a 499€ deposit.

ABOUT THE TEAM

OSCAR TRELLES, Program Director

For over two decades, Oscar Trelles has been at the intersection of business, personal transformation, and resilience training, helping individuals and organizations break through limitations and reach their full potential.

His journey spans across marketing, technology, entrepreneurship, and investment, culminating in his work as a systemic coach and certified Wim Hof Method (WHM) instructor.



KAREN JACOBSON, Functional Medicine

Karen designs and oversees the nutrition framework for the Reverse Aging Challenge, translating functional medicine principles into practical, sustainable habits.



BRIAN FLAND, Fitness and Movement

Brian leads movement and strength programming for the Reverse Aging Challenge, ensuring physical training supports longevity, resilience, and recovery.



MARJOLEIN THEUNISSEN, Our Host at Costa del Soul

Marjolein is our host at Costa del Soul, where she ensures the environment supports deep regulation, focus, and recovery.

FREQUENTLY ASKED QUESTIONS

Who is the Reverse Aging Challenge for?

The Reverse Aging Challenge is designed for people who want to take responsibility for their performance and long-term health. It is especially relevant for professionals and founders who feel capable, disciplined, and successful, yet notice their energy, sleep, or recovery no longer respond to effort alone.

What is the difference between the 3-Day, 5-Day, and 7-Day formats?

All formats follow the same core arc and share the same standards. The 3-day format covers all core pillars and provides a complete foundation with practical tools you can apply immediately. The 5-day format builds on this by allowing more time for breathwork, stress regulation, and resilience, helping the practices become embodied rather than just understood. The 7-day format includes everything, with additional space for integration, nature immersion, and personal planning, designed to support lasting change and a smoother return to daily life.

What outcomes can participants expect?

Participants typically report deeper sleep, steadier energy, clearer focus, and reduced baseline stress. More importantly, they leave with a practical understanding of how their own system responds to pressure, recovery, and stimulus, and how to reproduce those conditions at home.

Is the Challenge suitable for beginners?

Yes. The Reset is designed for all levels. Every practice, from breathwork to cold exposure, is introduced progressively, with clear safety protocols and options for different comfort levels.

Want to learn more?

Get in touch or book a call [here](#).

CONTACT INFORMATION

✉ info@breathingflame.com

🌐 breathingflame.com

📱 [@breathing.flame](https://www.instagram.com/breathing.flame)

📞 [+34 611 00 64 08](tel:+34611006408) (Spain)

📞 [+1 646 265 7279](tel:+16462657279) (USA)