



The Jade Century

— DESIGN YOUR 100 YEARS —

9-Day Asia Healthy Aging Experience

A structured journey to restore vitality, clarity, and balance
for entrepreneurs and professionals aged 50+.

STRESS RELIEF • DETOX • RECOVERY • LONGEVITY LEARNING

A guided healthy aging journey combining Eastern wellness traditions with a
structured longevity framework.

Guided by

Rakesh Latchmansing

Founder, The Jade Century Institute



Welcome

Most people prepare financially for retirement. Very few prepare physically.

A conscious reset for the second half of life

Before 50, the body often compensates for our lifestyle. After 50, it begins to keep score. Stress, inflammation, lack of recovery, and declining circulation slowly reduce vitality. Many people reach retirement exhausted instead of energized.

The Jade Century was created to help people consciously design the second half of life. Through a structured 9-day experience in Asia, participants learn how to restore balance in the body and mind using practices developed over centuries and refined through modern understanding of longevity.

This journey is not a holiday and not a medical treatment program. It is a disciplined reset designed to help you experience what healthy aging can feel like — and learn how to sustain it.

Welcome to The Jade Century.

— Rakesh Latchmansing
Founder, The Jade Century Institute



“Healthy aging is not a miracle. It is a system.”

The Jade Century
Institute



A different approach to aging

Longevity is not about adding years to life. It is about adding vitality to those years.

Across Asia, healthy aging traditions emphasize daily rhythm, breath, circulation, calm, and balance. In the West, we have developed strong knowledge in performance, science, and technology. The Jade Century combines both perspectives into a structured approach to healthy aging.

Participants experience therapies and practices designed to:

● Restore circulation

● Improve breathing & oxygenation

● Reduce stress & inflammation

● Calm the nervous system

● Establish longevity habits

Healthy aging is not a miracle. It is a system.

The Jade Century philosophy



The 5-System Healthy Aging Blueprint™

The Jade Century program is built around a simple, structured framework. Each system supports one dimension of long-term vitality — together they form the foundation of healthier aging.

1

Metabolic Reset

Reduce internal load and support digestion and detoxification.

2

Circulation Optimization

Stimulate blood flow, lymphatic flow, and cellular nourishment.

3

Oxygen & Breath Mastery

Improve breathing depth and oxygen delivery to tissues.

4

Nervous System Regulation

Reduce chronic stress and activate the body's recovery state.

5

Longevity Discipline

Establish daily rhythms and habits that sustain vitality after returning home.



What the 9 Days Look Like

Each day follows a calm, structured rhythm designed to support recovery. The experience balances movement, therapies, learning, nourishment, and quiet integration.

Morning

- Gentle Qi training
- Tibetan healthy aging exercises
- Breath and lung therapy

Late Morning

- Circulation and recovery therapies
- Massage and detox treatments
- City and mountain walks

Afternoon

- Spa and recovery sessions
- Tea rituals & education sessions
- Ski (indoor) & Golf practise

Evening

- Light dinner
- Meditation or reflective walking
- Relaxation and recovery

9

purposeful days

5

systems of vitality

1

structured reset



Included in the Program

Your 9-day journey is designed to be seamless, restorative, and carefully guided. Every element is selected to support recovery and vitality.

Accommodation

4+ star hotel in a peaceful wellness environment

Meals

Healthy lunch and dinner daily

Comfort & Amenities

Towels, spa clothing and slippers, personal care products, and airport transfers

Therapies & Wellness Activities

Aqua gym, therapeutic massages, foot therapy and reflex stimulation, spinal nerve stretch massage, sauna and steam cabin, ice bath and recovery sessions, oxygen therapy and red light therapy, Qi training, Tibetan exercises, yoga, meditation, breathing and lung therapy, brain and relaxation therapy

Cultural Experiences

Walking meditation tours, boat excursion, cultural visits, and local experiences



Who This Journey Is For

For people who want their next decades to feel strong, clear, and intentional

The Jade Century is designed for people who:

- are aged 50+
- want to age healthier and stay energetic longer
- value calm, structure, and discipline
- are curious about longevity practices
- enjoy a supportive small group environment

The group size is intentionally limited to maintain a personal atmosphere.

10-15

maximum participants

**Small
Group**

A supportive small-group environment creates focus, accountability, and room for genuine restoration.

Why the cohort is limited



Investment & Application

Investment

€9,950

ex. 21% VAT / tax, all-inclusive
Includes flights, accommodation, meals, therapies, activities, wellness sessions, transfers, cultural experiences, and program guidance.

Application Process

- 1 Request a personal intake conversation
- 2 Confirm participation
- 3 Prepare for the journey with our guidance

This is an all-inclusive, guided reset designed for entrepreneurs and professionals who want to invest in how they will live — not only how long.

Program positioning



The 9-Day Journey Timeline

Your healthy aging journey unfolds with calm progression — from arrival and reset to circulation, detox, and oxygen recovery.

1

Day 1 - Arrival & Orientation

Arrival at Baiyun Int. airport • Full body scan & check • Introduction to The Jade Century philosophy
Participants begin to shift from daily stress into a calm recovery rhythm.

2

Day 2 - Reset

Morning Qi training & breath therapy • Oral scan and cleaning • Relaxation and recovery
The body begins its reset process.

3

Day 3 - Circulation

Yoga • Ski lesson and practice • Longevity education
Participants often begin to feel increased energy.

4

Day 4 - Detox

Taiji • Foot and oxygen therapy • Breath and lung training
The body releases accumulated tension and toxins.

5

Day 5 - Oxygen & Recovery

Tibetan longevity exercise • Breathing and relaxation therapies • Baiyun mountain
Participants often report improved sleep.



Timeline Continued

6

Day 6 - Strength & Movement
Qi practice • City walk • Pearl River cruise
The body regains flexibility and circulation.

7

Day 7 - Calm & Balance
Meditation • Physical examination • Spa with sauna, steam, aqua gym, massage
Stress levels begin to drop significantly.

8

Day 8 - Integration
Taiji • Golf • Sing & Swing
Participants learn how to sustain their new rhythm.

9

Day 9 - Departure
Return home with renewed energy, a clearer mind, and a personal longevity strategy
Integration begins at home.

Why China?

Many of the world's longest-standing health traditions originate in Asia. For centuries, cultures in China have developed systems focused on balance between body and mind.

These traditions emphasize daily movement, breath control, circulation, and the balance between effort and recovery.

Unlike many Western approaches that focus mainly on treating illness, these traditions focus on maintaining health before problems appear.

The Jade Century program allows participants to experience these practices in their original cultural context — while combining them with modern wellness knowledge for a deeper understanding of healthy aging.



Your guide: Rakesh Latchmansing

Rakesh Latchmansing is an entrepreneur, author, and health enthusiast dedicated to helping people live longer, healthier lives. Originally trained as a Chemical Engineer, he began his career with international companies before starting his own entrepreneurial journey in 2002.

Over the years he has founded and managed companies across the Netherlands, Belgium, the United States, the UAE, Suriname, and China. His professional work has focused heavily on self-care healthcare technologies, including Hyperbaric Oxygen Therapy (HBOT) systems and wellness innovations.

Rakesh has studied longevity practices internationally, including Qi training in China, anti-aging programs in India, and HBOT training in the United States. He is also an endurance athlete, having completed multiple marathons including Amsterdam and Berlin.

The inspiration for The Jade Century came from a personal experience: Rakesh's father worked his entire life but passed away shortly after reaching retirement. This led to an important question — why do we prepare financially for retirement, but not physically?

The Jade Century Institute was created to help people consciously design the second half of life with strength, vitality, and purpose.

“Why do we prepare financially for retirement, but not physically?”

The question behind The Jade Century



Contact & Important Note

Contact

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Important Note

The Jade Century is a wellness and educational experience and does not provide medical treatment or medical advice. Participants should consult their physician if they have specific medical conditions.

The program is designed to offer a structured reset, practical longevity education, and a calm environment for meaningful recovery.



A calm, structured, all-inclusive healthy aging experience in Asia.
Website brochure prepared for TheJadeCentury.com