
FOUR SEASONS
YACHTS
A TRANSATLANTIC LONGEVITY VOYAGE
The Lanserhof Reset
MARCH 14-22, 2027
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FOUR SEASONS YACHTS X LANSERHOF PRESENTS

A Crossing Made for Recalibration



Eight nights across the Atlantic offer something increasingly rare: the freedom to turn your attention inward. In partnership with Lanserhof, this transatlantic passage becomes the setting for a deeply restorative journey shaped around movement, nourishment, recovery, and expert guidance, while the pleasures and possibilities of life on board *Four Seasons I* remain entirely yours.

A Different Perspective on Wellbeing

For more than 40 years, Lanserhof has pioneered an integrated approach to preventative health, regeneration, and longevity, uniting modern medicine with nutrition, movement, and time-tested naturopathic therapies. For this singular Atlantic crossing, the Lanserhof approach comes to *Four Seasons I,* offering rare access to a multidisciplinary team of doctors, therapists, and specialists. Every experience is shaped by the individual, with expert guidance designed to create a deeper understanding of personal wellbeing and support meaningful change over time.



OUR FIVE PILLARS OF LONGEVITY

Wellness Without Distraction

NOURISH

Throughout your journey, indulge in Lanserhof-inspired dishes, herbal preparations, and considered hydration, with expert guidance shaping choices that support balance, restoration, and lasting wellbeing.

RESTORE

Slow the pace with experiences designed to help you rest more deeply, sleep more soundly, and settle into a calmer state of body and mind.

MOVE

Take part in yoga, mobility, stretching, and Pilates sessions with a greater sense of ease, awareness, and confidence in your body.

STRENGTHEN

Build strength with resistance training, posture work, and functional conditioning, with each session designed to support resilience and long-term vitality.

BELONG

Come together over shared meals, music, conversation, and moments of celebration that make connection a natural part of the crossing.



EIGHT NIGHTS, UNINTERRUPTED

A Transformative Voyage Across the Atlantic

MARCH 14-22, 2027 | **SINT MAARTEN TO LAS PALMAS**

1 **EMBARK IN PHILIPSBURG, SINT MAARTEN** From Sint Maarten's white-sand beaches, *Four Seasons I* sets an eastward course across the Atlantic.

2-8 **SEVEN DAYS AT SEA** Time on the open water creates the space to focus more fully on your wellbeing, with Lanserhof experiences woven throughout the voyage alongside all that *Four Seasons I* has to offer.

9 **DEBARK IN LAS PALMAS, GRAN CANARIA** Las Palmas' golden shores come into view, marking the final chapter of your voyage.



MOMENTS UNIQUE TO THE CROSSING

Experiences Shaped by Life at Sea

Some highlights of this journey are only possible in a setting this remote. As *Four Seasons I* crosses the Atlantic, your surroundings become part of your Reset — from exceptionally dark skies overhead to the stillness and vastness of the sea.



THE STARS IN FULL VIEW

Far from the glow of cities, the cosmos come into sharper focus. Step onto the open deck to take in a vast field of stars above the darkened sea, as expert guides reveal the constellations overhead and the stories that have been told about them across generations.



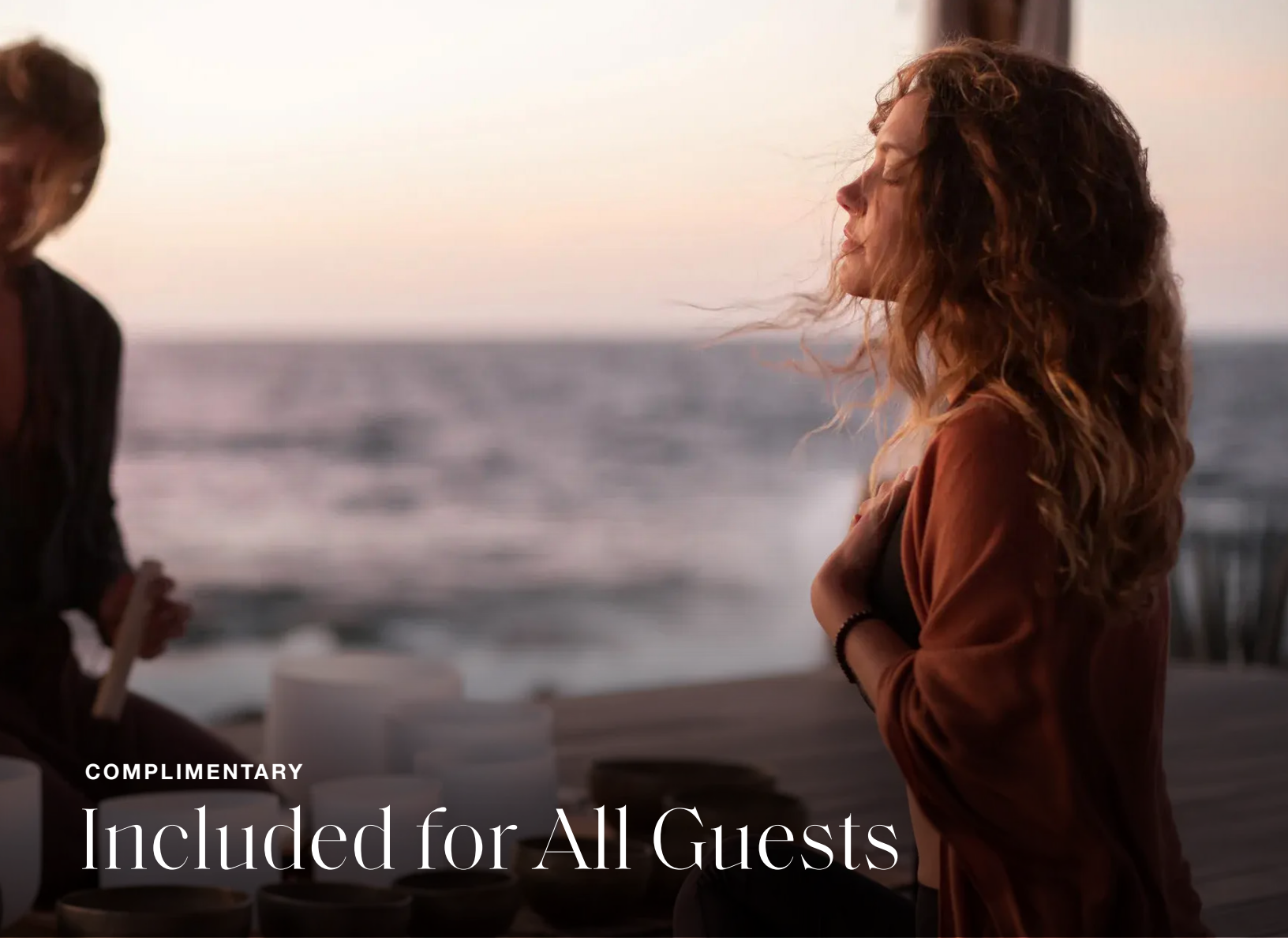
SOUND IN THE STILLNESS

As night falls, an open-air sound bath pairs resonant tones with the quiet of the sea and the sky above. Surrounded by salt air and the gentle movement of the waves, settle into a meditative practice that quiets the mind and draws your attention fully into the present.



ATLANTIC AWAKENINGS & RITUALS OF RECOVERY

Meet the morning with yoga, mobility, stretching, and breathwork, then move from the warmth of the sauna to the invigorating chill of a cold plunge in a guided ritual of contrast and recovery.



COMPLIMENTARY

Included for All Guests

Our voyage-wide program brings Lanserhof's approach into each day through workshops, expert conversations, nutrition, and longevity rituals. Every element remains optional, allowing you to shape the experience around your own interests.

RESET INCLUSIONS:

Daily movement, mobility, breathwork, and meditation sessions

Pilates, functional training, and recovery-focused workshops

Physician panels and Q&As with experts

Masterclasses and workshops

Nutrition and herbal medicine offerings

Lanserhof-inspired dishes and teas

Guided sauna and cold-plunge experiences

Freshly pressed wheatgrass shot, a concentrated source of chlorophyll, antioxidants and plant-based micronutrients



ADD ON

Personalized Program

Limited capacity • $5,000 per guest

Our Personalized Reset includes the full voyage-wide program, plus private consultations, one-to-one therapies, and a bespoke plan designed around your goals.

THE UPGRADED PERSONALIZED RESET INCLUSIONS:

- Private 60-minute consultation with a Lanserhof doctor
- Individual health assessment and custom plan
- At least two private medical follow-up appointments
- Daily one-to-one sessions with Lanserhof holistic therapists
- Selected treatments based on your plan
- Personalized nutrition, movement, recovery, and supplement guidance
- Lanserhof Signature Facial & Head Session
- Priority access to the Lanserhof Expert Team
- Enhanced in-suite wellness elements



WELLNESS WITHOUT
A PRESCRIBED PATH

Your Journey, Your Rhythm

TIME	SAMPLE COMPLIMENTARY PROGRAMMING	SAMPLE PERSONALIZED PROGRAMMING
MORNING	Yoga · Mobility · Breathwork	Personalized Supplement Routine
MIDDAY	Strength Training · Pilates · Conversations with Experts	Personalized Therapeutic Exercise
AFTERNOON	Consultations · Treatments · Workshops	Detox Therapy · Lymphatic Drainage · Cranio Sacral Therapy
LATE AFTERNOON	Herbal Tea Atelier · Access to Experts · Sundown Meditation	Nutritionist Sessions · Workshops
EVENING & NIGHT	Guided Stargazing · Sound Baths	Guided Stargazing · Sound Baths

THE LANSERHOF TEAM

Renowned Expertise Brought to You at Sea

A multidisciplinary team of Lanserhof doctors, therapists, and wellness specialists joins *Four Seasons I* for this transatlantic voyage, bringing together unmatched expertise in preventative health, nutrition, fitness, and restorative therapies. Throughout the crossing, their guidance informs both the shared Reset program and the more individualized care available through our Personalized Reset experience.



DR. ALEXANDER THALER

Medical Director of Lanserhof Marbella

Dr. Thaler is an Austrian-Spanish physician, specialized in preventive, regenerative and integrative medicine. His distinctive approach: Spirito-Psycho-Somatic Medicine combines modern medicine with a deep understanding of the connection between physical health, the psyche and emotional wellbeing, integrating psychosomatic medicine, mindfulness and mind-body practices into highly personalised health and longevity concepts.



DR. GABRIELE WALTENBERGER

Lanserhof Certified Doctor at Lanserhof Tegernsee

Dr Gabriele Waltenberger is a Lanserhof-certified doctor, an experienced specialist in orthopedics and sports medicine, and a longevity specialist at Lanserhof Tegernsee. She has extensive experience in both surgical and non-surgical orthopedic care. Her area of expertise covers the health of the musculoskeletal system, pain management and rehabilitation medicine, complemented by specialized techniques such as acupuncture, manual therapy, mesotherapy and neural therapy.

THE LANSERHOF TEAM

Personalized Care at Every Step

Alongside the Lanserhof doctors, therapists work with each guest one-on-one and in small groups throughout the crossing, bringing hands-on manual therapy, movement work, and regenerative treatments straight from the Lanserhof clinic to the deck, so the same clinical care guests know on land continues seamlessly at sea.



FRANZISKA SHELEMBE is a senior movement therapist at Lanserhof Tegernsee, specialising in sport diagnostics, rehabilitation, and functional training. She holds a master's degree in sport science from the Technical University of Munich and brings extensive research experience in sleep, motor learning, and cognitive neuroscience.



FREDERIK JOISTEN is a qualified sports scientist specializing in prevention, rehabilitation and performance diagnostics at Lanserhof Sylt. With more than a decade of experience in therapeutic exercise and sports science, he develops individualized training concepts focused on functional training, endurance and mobility.



JOHANNES BRANDL has been part of the team at the original Lanserhof in Lans, Austria, for more than three decades. Originally trained as a medical massage therapist, he has expanded his expertise through extensive training in functional therapy, breathwork and yoga.



MARIA GENLUCKNER has been part of the team at the original Lanserhof in Lans, Austria, for many years and brings extensive expertise in beauty, skincare and holistic well-being. A trained beautician and foot care specialist with leadership experience in luxury beauty environments.



JÜRGEN AUTENRIETH is a nutrition expert at Lanserhof Tegernsee and a certified nutrition coach. He combines his background in nutritional physiology with the regenerative Lanserhof nutritional philosophy to tailor a programme for guests to follow at home.



GABI FRANKE is a qualified nurse and certified medical massage therapist with expertise in osteopathy, craniosacral therapy, therapeutic massage, lymphatic drainage and holistic body therapies. Her techniques include Lomi Lomi, Dorn therapy, reflexology, Nuad Thai, Hot Stone and many others.



AVAILABILITY IS LIMITED.

Visit fourseasonsyachts.com/lanserhof or contact your travel professional to reserve a suite on this journey.