

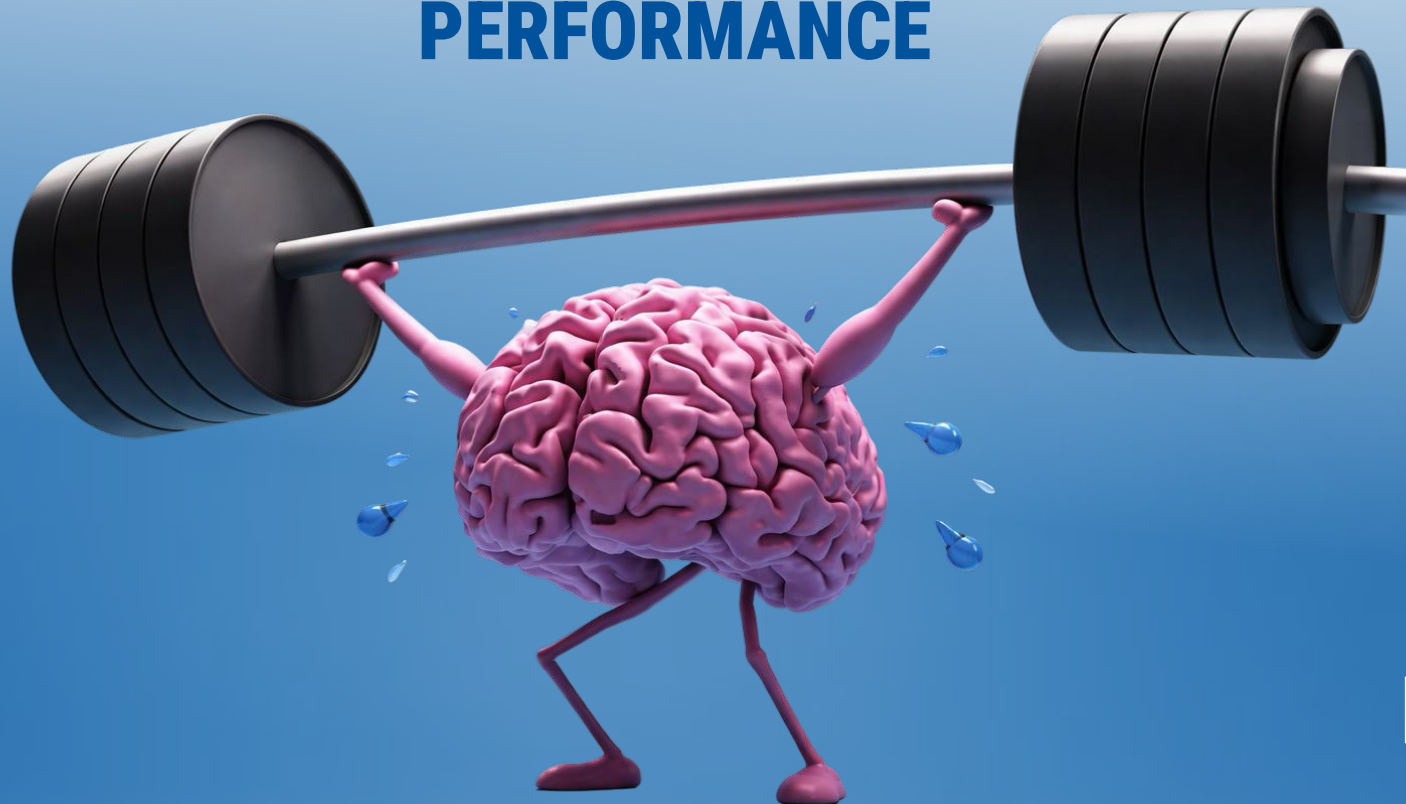
Masterclass

➔ April 28th

Organized by



**ZERO**  
**BURNOUT** *The*  
**ARCHITECTURE**  
*of* **HIGH**  
**PERFORMANCE**



Main Partner

MHV

# A Masterclass in Biological Optimization for the Next Generation of Unstoppable Minds



## The Reality

In high-frequency environments, the most expensive mistake isn't a bad trade or a lost contract—it's cognitive decay. Most elite performers operate on a "burn-the-wick" strategy, relying on sheer willpower to bridge the gap between their ambition and their biology. But grit has a ceiling. When you're operating at the edge of your capacity, even a 5% drop in processing speed becomes a liability.

## The Strategy

This is a technical briefing on **Human Architecture**. We're moving past "work-life balance" and into **Integrated Performance**. We provide the data-backed protocols to protect your most valuable asset—your brain—ensuring your peak isn't a fluke, but your baseline.

## What You Will Master

### The Nootropic & Biohacking Stack

A deep dive into safe, science-based supplements and protocols (from cold exposure to neural priming) to gain that 5% edge in focus and cognitive longevity.

### The "Ice Cold" Emergency Protocol

Tactical tools to neutralize panic and maintain total clarity when a deal falls through or a trade goes south.

### Neuro-Architecture

How to leverage neuroplasticity to keep your brain sharp, fast, and resilient against the "aging" effects of high-stress careers.

### The Integrated Life

Moving beyond "balance" to a system where extreme career output and a high-quality personal life actually fuel each other.

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# Meet The Architects of the Edge

## Moha Bensofia

The High-Stakes Operator

A visionary CEO and investor who built world-class ventures on a foundation of elite physical performance. Moha proves that health is the primary engine for professional results rather than a byproduct of them. He teaches the mindset required to achieve peak output while maintaining the physical durability to sustain it.

## Dr. Ryan Greene

The Performance Architect

Co-Founder of Monarch Athletic Club and lead strategist for world-class athletes and ultra-high-net-worth operators who cannot afford a "bad day." Dr. Green has built the world's first integrated medical and performance ecosystem, specializing in the precision medicine and bespoke bio-stacking required to maintain peak cognitive output under extreme pressure.

Moderator

## Christina Michael

CEO&Founder  
St.Moritz Longevity Forum

## Dan Brulé

The Global Breath Master

Dan Brulé is the world's leading authority on the science of breath. As the personal coach to Tony Robbins and elite high-performers, he translates ancient wisdom into modern physiology. Dan teaches leaders to master their nervous system, provide a "biological kill-switch" for stress that ensures they remain calm, composed, and dominant in high-pressure environments.

## Prof. Vittorio Sebastiano


The Rejuvenation Pioneer


A Stanford University leader in epigenetic reprogramming, dedicated to reversing the biological clock at the cellular level. Professor Sebastiano provides the deep-science roadmap to systemic rejuvenation, proving that aging is not a one-way street, but a program that can be reset to restore youthful vitality and cognitive resilience.



## Masterclass Details

 **April 28th, 2026**

 Main Auditorium, Cyprus EMEA  
Healthspan Summit

 Parklane, a Luxury Collection  
Resort&Spa, Limassol

In a world of burnout, the ultimate competitive advantage is staying in the game!

Join us in Limassol.

## Schedule

**08:30 AM** Registration & Welcome

**09:30 AM** Masterclass Commencement

**11:30 AM** Session Conclusion

**11:30 AM-12:30 PM** "Fuel & Connect" Café Break

## Corporate Registration

Please contact our coordination team to register your company at the **corporate rate**

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