

THE RESIDENCY CALENDAR · 2026 TO 2027

A Guided Longevity *Residency*

Casas na Ferraria, Sesimbra. Five cohorts, from November 2026 to July 2027.

Questions? Book a call

ATLAS COVE

Apply →

A LETTER FROM YOUR HOSTS

Thank you for your *interest*.

This brochure is for anyone who would like to know Atlas Cove before choosing a date. It sets out what the residency is, how the week works, what we measure and who we are, and it introduces the five cohorts we are hosting between November 2026 and July 2027.

Atlas Cove is a guided longevity residency for people who would like to turn what they know about health into what they do. For five nights, a small cohort shares one calm, well-planned daily rhythm on a private estate on the Arrábida coast. We measure where you start, coach you through the week and hand you a clear plan to take home.

We host every cohort ourselves, with a small and dedicated team beside us. If a date does not quite suit, we are always glad to talk it through with you.

Warmly,

Lisa and Tom Wuerden

FOUNDERS AND HOSTS

PLACE Casas na Ferraria, Sesimbra	FORMAT Five nights, all inclusive
COHORTS Five dates, Nov 2026 to Jul 2027	SIZE Up to ten rooms per cohort

THE RESIDENCY CALENDAR

Five cohorts, one *rhythm*.

Every cohort follows the same method, with the same team, at the same estate. What changes is the season, and with it the light, the sea and the shape of the day.

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7 to 12 November 2026

AUTUMN · WINTER

€3,900 private · €3,000 shared twin

The November Cohort · Ten rooms

Mild, quiet days and the last golden light before winter. A season to restore.

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16 to 21 February 2027

AUTUMN · WINTER

€4,200 private · €3,300 shared twin

The February Cohort · Ten rooms

Winter on a milder coast, with lengthening days and green hills. A season to restore.

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16 to 21 March 2027

SPRING · SUMMER

€4,200 private · €3,300 shared twin

The March Cohort · Ten rooms

The spring equinox, fresh trails and a rhythm set for the year ahead. A season to build.

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22 to 27 May 2027

SPRING · SUMMER

€4,600 private · €3,750 shared twin

The Boutique Residency · Six rooms

Long bright days, a warming sea and an especially intimate table. A season to build.

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2 to 7 July 2027

SPRING · SUMMER

€4,200 private · €3,300 shared twin

The July Cohort · Ten rooms

Early mornings, a long rest through the heat and golden evenings. A season to build.

Further dates for autumn 2027 are being planned. Our newsletter hears about them first.



CHOOSING YOUR SEASON

Restore, or *build*.

Our autumn and winter cohorts lean into rest, warmth and deep sleep. Our spring and summer cohorts use the long days to build strength and time outdoors. Both follow the same programme; the season simply shapes the week.

MONTH	DAYLIGHT	DAY / NIGHT	SEA	WHAT IT FEELS LIKE
November	10 h 14	19° / 9°C	18°C	Low golden light, quiet trails, cosy evenings
February	10 h 53	17° / 6°C	15°C	Mild winter days, green hills, a bracing sea
March	12 h 02	19° / 8°C	15°C	The equinox, fresh mornings, spring greens
May	14 h 29	23° / 11°C	18°C	Long bright days and a smaller, six-room table
July	14 h 45	30° / 16°C	19°C	Early starts, shade at midday, golden evenings

Daylight at mid-cohort. Climate normals for Setúbal, IPMA, 1981 to 2010. Sea temperature is a typical monthly average.

Winter is for *restoring*, summer is for *building*.

Whichever season you choose, you leave with the same thing: your numbers, a clear plan and a rhythm that fits your life.



WHO IT IS FOR

For guests ready to take *part*.

Atlas Cove is an active, structured health programme rather than a traditional spa holiday. Our guests usually arrive for one of five reasons.

Ready to act

You know a great deal about health and would like it to show up in your days. We help you turn what you know into what you do.

A reset after burnout

When work has taken more than it gave back, a calm and fixed daily rhythm, deep sleep and time outdoors give you room to recover. We help you plan how to protect that at home.

Midlife and hormone health

For women in perimenopause or menopause, and for anyone noticing strength, sleep or energy shifting with age. Strength, sleep and stress are the levers we work with.

Support alongside GLP-1 medication

If you are using, or coming off, a GLP-1 medication, protecting your muscle and building habits that last matter a great deal. We focus on strength, protein-rich meals and routines, alongside your own doctor's care.

Recovery and return to training

After a demanding period or a long break from training, a programme scaled to your day-one numbers helps you rebuild steadily and with confidence.

Our scope of care

Atlas Cove provides health strategy and lifestyle coaching. Our team does not practise medicine, diagnose conditions or prescribe medication. Where clinical needs arise, we warmly connect you with trusted medical specialists.



THE METHOD

The Master Circadian *Protocol*

One shared daily rhythm for the whole cohort, scaled to each guest by our coaches. It rests on four pillars.

01. Circadian Calibration

Morning light, phone-free days and a protected nine and a half hour sleep window, timed to the body's natural rhythm of cortisol in the morning and melatonin at night.

02. Vascular & Autonomic Reset

A daily sauna, cold plunge and red light circuit, and the sea when the weather allows. We track your overnight heart rate variability all week and explain what it shows.

03. Capacity Training

Daily strength training and yoga, scaled to your day-one numbers, with steady outdoor hikes that build aerobic fitness, one of the strongest markers of long-term health.

04. Blood-Glucose Architecture

Unhurried meals, plant forward, gluten free and anti-inflammatory, rich in protein and fibre, to keep your energy steady from morning to evening.

Measured on the Dual-Engine Baseline. Handed over as your Personalised Health Toolbox.

THE DUAL-ENGINE BASELINE

Your *starting* point, measured.

Your week is built on two sets of numbers: how your body is working, and how you are feeling. We measure both, and we talk them through with you during the week.

PHYSICAL ENGINE

Day one and day six

VO2 max, body composition, grip strength and blood pressure, tested in person by Tom.

PSYCHOLOGICAL ENGINE

Before you arrive and after you leave

Validated questionnaires for stress, mental wellbeing and focus, with a follow-up six weeks after your stay.

EVERY NIGHT

Sleep and heart rate variability

A contactless sensor under your mattress. Nothing to wear, charge or sync.

EVERY DAY

Blood pressure

A short daily reading, so you can see how your system responds to the rhythm.

Every number, with its limits

Some measures move within a week and some need months. Body fat and aerobic fitness rarely change enough in six days for a device to see reliably, so we show them as your starting point and explain what can realistically shift in the weeks that follow. Changes smaller than normal day-to-day variation are never reported as results.

WHAT WE SAW IN SEPTEMBER

Our founding cohort, in *numbers*.

Seven guests joined our founding cohort in September 2026. These are their results, reported plainly.

80%

felt measurably better

Four in five guests improved on a validated mental wellbeing scale (SWEMWBS). The group average rose by 12%, from 21.9 to 24.6, moving above the England adult average of 23.6.

100%

moved towards their goals

Every guest rated clear progress on the personal goals they set before arriving. On average, their progress ratings more than doubled.

71%

left with a stronger grip

Grip strength, a simple marker of overall strength, rose beyond normal measurement variation for most guests between day one and day six. The group average rose by 10%.

Seven guests over one week: five completed the wellbeing and goals follow-up, and all seven completed grip testing. A small group, not a clinical trial, and we report it that way. Reference average: Ng Fat et al., Health Survey for England, 2017. Scale: Short Warwick-Edinburgh Mental Wellbeing Scale.

THE DAILY RHYTHM IN EVERY SEASON

A day at Atlas Cove, *roughly*.

One fixed sleep window, from 21:00 to 06:30, and a day shaped around the light of the month. Every session is scaled to you, and times shift a little from day to day.

06:30	**Wake gently** A warm glass of water with lemon, ginger and sea salt.
Early morning	**Sitting, and the page** A guided meditation with Lisa, then a few quiet minutes of journaling.
As the light arrives	**Yoga in the shala** A light snack, then breathwork, mobility and yoga with Vera.
Morning	**The main training block** Strength training with Tom, or a guided hike across the estate.
Mid-morning	**Breakfast at the long table** A generous breakfast after the morning's work.
Late morning	**Mindset and 1-on-1s** A mindset session with Lisa, and your individual sessions through the day.
Midday	**Lunch, then rest** A fresh lunch, then the pool, a massage or a nap.
Late afternoon	**The contrast circuit** Sauna, cold plunge and red light.
Evening	**Dinner together** Unhurried, with candlelit dinners on the first and last nights.
After dinner	**Winding down** Breathwork or sound, and a little time to write.
21:00	**Lights out** Blackout curtains and quiet hours until morning.

Why the day is shaped this way in every season

The sleep window, from 21:00 to 06:30, stays the same all year. Around it, the day follows the light. In winter the morning begins slowly by lamplight and the contrast circuit runs into the early dark. In spring and summer the training moves earlier, the afternoon slows down in the shade and dinner moves outdoors. Each cohort brochure shows the exact times for its month.



THE DAYS THAT DIFFER

Arrival, the *dawn*, and home.

Day one · Arrival and the fire

Transfers from Lisbon airport through the day, and check-in from 14:00. In the evening we gather for breathwork and a fire circle, then share the first of two candlelit dinners.

Day four · The Atlantic at first light

We leave early for Praia dos Galapos, sit quietly on the sand and move along the shore as the sky lightens. At sunrise you are warmly invited into the sea, from around 15°C in late winter to around 19°C in summer. Going in is always your choice.

Day six · Your toolbox, and home

Your day six measurements, a closing session and a celebration breakfast. Your Personalised Health Toolbox is handed over in person, and check-out is by 12:00.



YOUR TEAM

The same faces, all *week*.

Lisa Wuerden
CO-FOUNDER AND HOST

Leads mindset, mental health and hormone health, the morning reflection and your 1-on-1 mindset sessions.

Tom Wuerden
CO-FOUNDER AND HOST

Leads physical performance and nutrition, runs your day one and day six testing and scales your training.

Vera Rodrigues
YOGA TEACHER AND PSYCHOLOGIST

Guides the daily yoga, mobility and breathwork, scaled to each guest.

Lara Bisoni
CHEF

Cooks every meal on the estate. Ten years in London restaurants, then senior chef at Pinetrees Lodge on Lord Howe Island.

Claudia Botelho
MASSAGE THERAPIST

Relaxing, sports and lymphatic drainage massage, and reflexology, on request.

And behind the scenes
THE HOUSE TEAM

A quiet team who look after the houses, the gardens and every small detail of your stay.



THE SANCTUARY

Casas na *Ferraria*

A private quinta on 130 hectares of protected land beside the Serra da Arrábida, about fifty minutes south of Lisbon airport. One gate, one cohort at a time. Two houses, Casa Ansuz and Casa Kenaz, hold the week, with everything a short walk apart. The estate changes with the seasons: green after the winter rains, golden and shaded in summer.

The Private Room

17.5 m² · one guest

The Private Room for Two

22 m² · a partner or friend, each assessed separately

The Shared Twin

22 m² · paired in advance with another solo guest

Every room has its own bathroom and terrace, blackout curtains, natural linen, a contactless sleep sensor and no television. Seven of our ten rooms have air conditioning, so if cool air matters to you, please mention it when you apply. The estate is not step free, so please tell us about any mobility needs when you apply.



MOVEMENT, RECOVERY AND THE TABLE

Everything on the estate has a *purpose*.

MOVEMENT

The shala, an open training pavilion among the pines. **The studio**, an indoor room for any weather. **The strength room**, with treadmill, cable machine, bike and kettlebells. **The trails**, a 2.5 km estate loop and a 5 km route to the lagoon.

RECOVERY

A wood-fired sauna for eight, 70 to 90°C. **A cold plunge** at 6 to 10°C. **Full-body red light. A 15 metre heated lap pool** above the valley. **Massage rooms** for Claudia's work.

The table

Every meal is cooked on the estate by Lara and her team: plant forward, high in protein and fibre, gluten free and anti-inflammatory, fresh and seasonal. The menu follows the seasons and the gardens. Coffee, teas, water and electrolytes through the day, and no alcohol. Dietary needs are gathered before you arrive.



IN THEIR WORDS

From our *guests*.

"I've done many retreats. This is the first where the tools actually came home with me."

MEGAN THOMAS · 40 TO 49

"I came for the data: VO2max, grip strength, a real read on where I stood. What I didn't expect was the connection. I left calmer, clearer on my priorities, and finally moving my body regularly."

AMY LANE · 50 TO 59

"I came in sceptical, expecting something soft. It was the opposite. For the first time, someone explained what my numbers actually meant."

BRUNO DE FRANCLIEU · 40 TO 49



WHAT YOU TAKE HOME

Your Personalised Health *Toolbox*.

On your final morning we hand you, in person, a clear plan built from your own numbers and your 1-on-1 sessions.

Your numbers

Day one and day six results, and your before and after questionnaires, side by side.

Your three priorities

The biological and mindset priorities that matter most for you, drawn from your goals and your baseline.

Your daily habits

Simple guidance for sleep, light, movement and food that fits the life you are returning to.

Your 1-on-1 insights

The recommendations from your sessions with Lisa and Tom, and specialist referrals where helpful.

The Integration Programme, if you would like it

Four weeks of weekly 1-on-1 check-ins, habit tracking and direct messaging with your coach, with a mental wellbeing check-in at 30 days. Available as an enhancement. Rates on request.

WHAT IS INCLUDED

Everything, *included.*

- Five nights on a private estate, with daily housekeeping
- Every meal and drink, cooked on the estate
- Airport transfers from Lisbon, both ways
- Day one and day six physical testing
- Mental wellbeing evaluations, before and after
- Nightly sleep and heart rate variability tracking
- 1-on-1 sessions with Lisa and Tom
- Daily strength training, yoga and guided hikes
- Daily sauna, cold plunge and red light
- The dawn morning at Praia dos Galapos
- Your Personalised Health Toolbox
- WiFi, and professional photographs of your week

No service fee and no tipping. Not included: flights, travel insurance, which we kindly ask every guest to hold, and the enhancements overleaf.

The rate

Per guest, all inclusive. Shared twin: paired in advance.

		PRIVATE ROOM	SHARED TWIN
November 2026	7–12 Nov · Ten rooms	€3,900	€3,000
February 2027	16–21 Feb · Ten rooms	€4,200	€3,300
March 2027	16–21 Mar · Ten rooms	€4,200	€3,300
May 2027	22–27 May · Boutique, six rooms	€4,600	€3,750
July 2027	2–7 Jul · Ten rooms	€4,200	€3,300

How your place is held

A 25% reservation payment confirms your place, and a short Alignment Call follows; should we then decide the residency is not right for you, everything you paid is refunded. The balance is due 60 days before arrival, or in full at booking within 60 days. Until 60 days before arrival your place moves free of charge; cancellation fees are graded by notice, as the booking terms set out.

ENHANCEMENTS AND GOOD TO KNOW

A few things, on *request*.

Massage, 60 minutes	€150
Massage, 90 minutes	€210
Private yoga, 60 minutes	€140
Private nutrition consultation, 60 minutes	€140
Movement assessment, 60 minutes	€150
IV drips, by a licensed clinical provider	from €249
Bloodwork panels	on consultation
The Integration Programme, four weeks	on request

Arrival and departure

Check-in from 14:00 on your first day. Check-out by 12:00 on your last day. Transfers from Lisbon airport take about fifty minutes.

Fitness

Beginners to experienced athletes are welcome. Every session is scaled to you, and cold exposure is always optional.

Language

The week runs in English. Lisa and Tom also speak German.

Quiet evenings

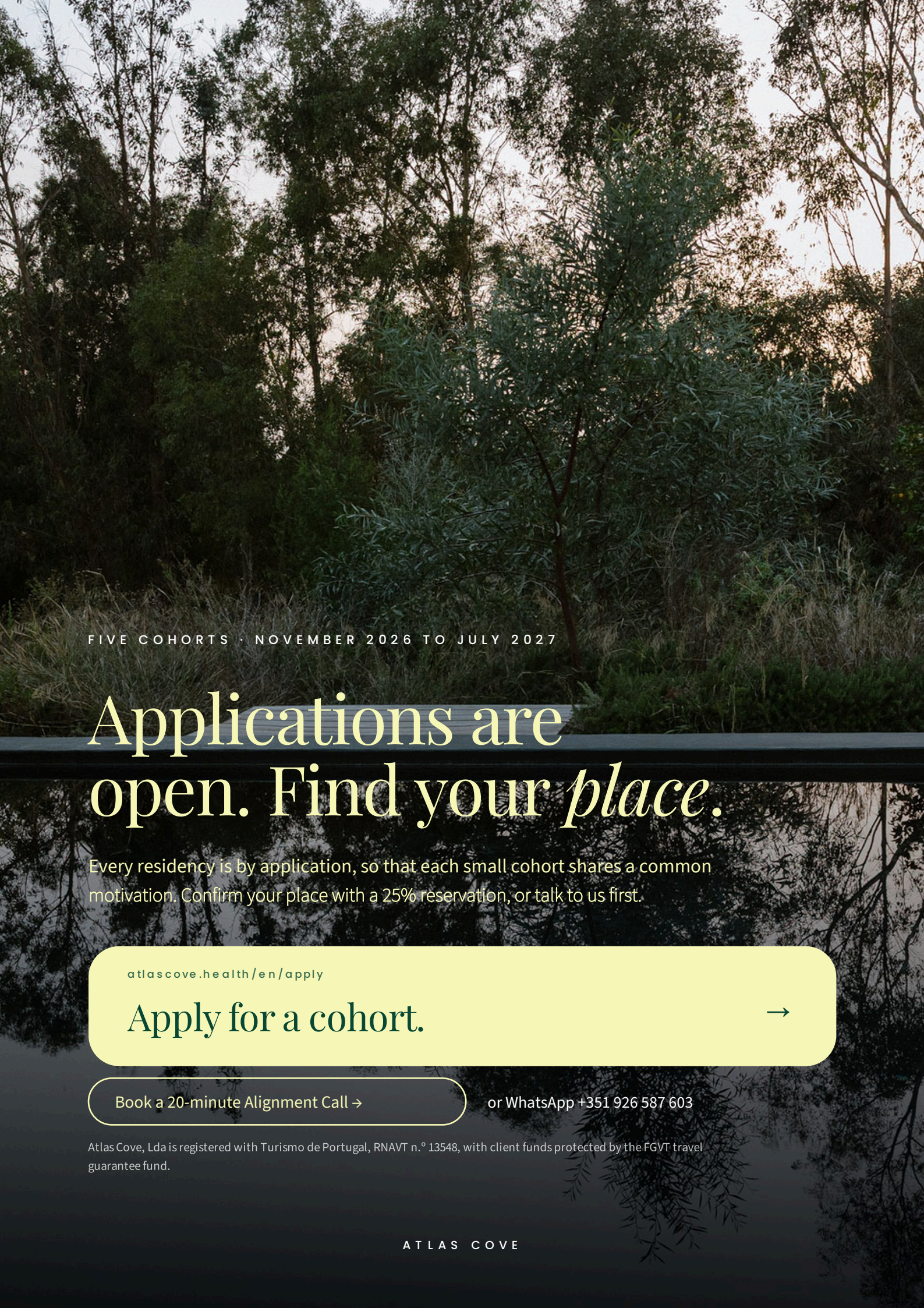
Lights out at 21:00. We kindly invite you to hand in your phone on arrival where possible; our team passes on anything important.

Packing for every season

We send a short packing note for your month. Every season calls for a swimsuit, walking shoes and one warm layer for the evenings.

The house

Adults only, no alcohol, and a calm, phone-free rhythm throughout.



FIVE COHORTS · NOVEMBER 2026 TO JULY 2027

Applications are open. Find your *place*.

Every residency is by application, so that each small cohort shares a common motivation. Confirm your place with a 25% reservation, or talk to us first.

atlascove.health/en/apply

Apply for a cohort. →

Book a 20-minute Alignment Call →

or WhatsApp +351 926 587 603

Atlas Cove, Lda is registered with Turismo de Portugal, RNAVT n.º 13548, with client funds protected by the FGVT travel guarantee fund.

ATLAS COVE