

PALEOLITHIC PENTHATLON

INVITATION



A Special talk on Bio-Hacking (EN)



3RD OF DECEMBER 2024 - 19H

WITH MARCELO GARCIA



PRESIDENT OF EXPLORERS CLUB
(SWISS CHAPTER)-ADVENTURER,
INNOVATOR IN BIO-HACKING



Meet a modern-day innovator and pioneer. Founder of the Wisdom Foundation, Marcelo has demonstrated a long standing engagement to enrich lives through his Swiss NGOs: [WisdomAccelerator.org](https://www.wisdomaccelerator.org), focusing on youth empowerment, and [BroadLights.org](https://www.broadlights.org), aiming to connect vulnerable communities. Hailing from a lineage rich in audacity, his family has been embedded in the telecom sector for nearly a century. With ancestors that range from the founders of Brazil's early radio stations to Amazonian pioneers and even aristocrats who once invaded England, he stewards valuable lessons of perseverance and long-term vision. Through his myriad endeavors, he reminds us that the term "impossible" is but a challenge awaiting conquest. Marcelos talk will focus on unique ways of empowerment through harnessing aspects of our pre-Holocene ancestors' lives around 10.000BC and how integrate them in our modern life.

AND OPTIONAL ICE BATH



520 Chemin du Pont de Crevy
FR - 74140 Veigy-Foncenex

THE PALEOLITHICAL PENTATHLON

EXPERIMENT



Dive into Marcelo's journey through the practice of 5 intense physiological challenges relevant to our paleocenic ancestor living 10000 BC :

Find out more at : PaleolithicPentathlon.com



- STARVING (EXTREME FASTING)
- FREEZING (COLD EXPOSURE)
- PUMPING (WEIGHTLIFTING)
- ACHING (PAIN TOLERANCE)
- PANTING (CARDIAC CAPACITY)

COLD PLUNGE

Come early and join our cold plunge! Limited to a small group, we will prepare with some breathwork and take a cold dip... then warm up by the fire with hot tea just in time for Marcelo's talk.

Contact Coast@genevapolo.ch for further details



PRICE : 50CHF FOR THE CONFERENCE / 80 CHF WITH ICE BATH