The ELOA *Residency*

ELOA

Load - Control - Clarity

The art and science of being energized

Welcome

The people shaping the world today have to deal with extraordinary cognitive and professional demands. They build companies, lead organizations and create ideas that change people, industries and societies.

Yet the physical system supporting this work — the body — is rarely tended for with the same level of care. Which leaves energy levels and focus more drained then necessary.

Most high performers train hard. Few train intelligently.

ELOA exists to change that.

The ELOA Residency is a focused immersion designed to recalibrate how your body functions so it can support your work, thinking and endurance over the long term.

This is not a retreat for rest.
It is a residency for physical and mental clarity.

Wieteke

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The Philosophy

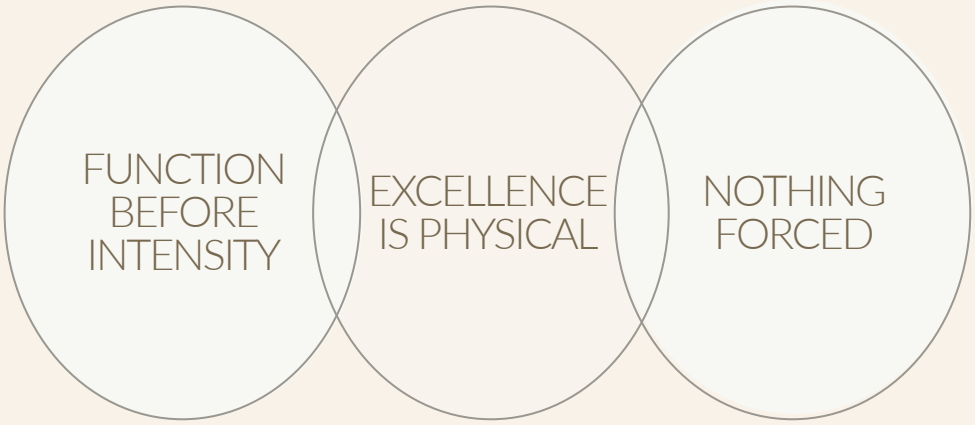
Three principles

At ELOA we work from a simple premise: *Your body is the foundation of your performance*

Thinking, leadership and creativity require a stable and capable foundation. This means you need a strong, supple and resilient body to support your performance in daily life.

But developing these qualities does not come from intensity alone. You need intelligent training, balancing function, high quality movement and awareness of your body. This is the training ELOA offers.

Our training approach is built on three principles:



Function before intensity

Most training cultures reward output: more repetitions, more fatigue, more intensity. But effort without function and capability eventually produces limitations. Limitations in your body and your movement. And thus limitations in your performance.

At ELOA we believe you first need to understand how your body moves, copes with load and adapts to new challenges.

Only after you can consciously control and move your body in all required ranges of motion do we increase intensity.

Excellence is physical

Cognitive work is often seen as separate from physical capacity. But sustained focus, emotional stability and creative output are deeply linked to the condition of the body. An intense day full of meetings and decisions demands a body that is energized, healthy and fit so it doesn't distract you from the job at hand.

Strength, mobility, breathing and nervous system regulation are therefore not athletic luxuries.

They are foundational capabilities to keep your performance on point.

Nothing forced

Long-term performance emerges from adaptation, not constant strain. Which means balancing load, intensity and recovery. This applies to your every day life and to your training.

That’s why our training is precise rather than excessive. We balance strength, mobility and quality of movement in a way that builds your body, increases your awareness and lets you recover.

The goal is not exhaustion. The goal is capability.

The Method

Load Control Clarity

At ELOA we designed the Load - Control - Clarity Method. With this framework we build your mental capacity by intelligently training your body. The full method starts with a five day residency where you will learn what drains your energy and why; how to use your biology to your advantage and how to build your personal energy system.

The ELOA Residency is a five-day immersive experience. Each residency hosts a small group (maximum 7 per residency) of participants to ensure personal attention and precision in training based on your unique needs and capabilities. You will train, reflect and learn within an environment designed for concentration and recovery. The focus is not volume, the focus is clarity.

However these five days are just the start. You will leave with a good understanding of your body and the ability to recognize and balance your load and capacity, so you can optimize your daily performance.
This is written down in your personal energy protocol to implement the findings from the residency in your daily life. During these six months you get a personal training program and regular check ins to keep track of your progress. After this period you will be an ELOA-practioner and get access to the exclusive community.

What We Work On

During the residency we explore four essential dimensions of physical capability:

- functional movement
- strength
- load management
- recovery & regulation

These four pilars determine how well your body is able to handle the daily load. By developing these abilities energy management becomes a conscious skill you can control. This will provide clarity during your whole day. This is the Load - Control - Clarity Method.

1) Functional Movement

We start with structural function. This will provide you with an understanding how your body moves and distributes load.

We identify asymmetries, movement restrictions and compensation patterns that influence your performance. You will learn the theoretical foundation and get a personal assessment to see how this applies to your body and how it affects your performance.

2) Strength

Developing strength that supports real-world demands. But don't expect the regular strength training you see in gyms.

This training emphasizes structural integrity, joint stability and coordinated movement. This means you will combine controlled movement and load to challenge you and build your physical and mental capabilities on your own personal level.

3) Load management

Most physical decline doesn't come from a single event but from poorly managed load. You either load your body too heavy or too light.

Participants will develop an understanding of how training, work stress and recovery interact. And what this means for managing and building lasting performance.

4) Recovery and regulation

Breathing mechanics and nervous system regulation play a central role in sustainable performance.

Participants learn techniques to adapt their breathing and regulate their nervous system to align with the task at hand. Building on these practices will support long-term resilience.

The Residency

Daily Structure

Each residency day combines physical training, reflection and applied learning. A typical day includes:

- Morning training session to start your day energized and focused
- Conversation and learning sessions for understanding principles of load, adaptation and physical capability
- Afternoon training focused on building your load bearing capacity
- Personal screening and practice with individualized coaching
- Personal time for recovery and reflection
- Low-intensity movement, walking or discussion

The pace is intentional and focused.

You will retire each day with a deeper understanding of your body.

The Environment

Residencies take place in a quiet and warming location hidden in the heart of Spanish nature. Literally and figuratively: no unneccessary excess but a simplicity that feels just right. Spacious, light-filled rooms with everything you need. Above all: silence, fresh air and a view that naturally slows you down.

Every participant has his/her own private room, which allows you to retreat into your own space while still being connected to the group. In the private courtyard, overlooking the valley we gather to move, explore and grow.

Scattered across the grounds you will find quiet spots to be alone for a while and a pool to unwind and cool down.

And most importantly: the hosts. This place is shaped by a Belgian family who don't just offer hospitality, they embody it. You feel their warmth from the very first moment. Here you're not a guest, but part of the whole.

Participate

Who This Residency Is For

ELOA works with individuals whose work demands sustained performance. Participants often include:

- Founders and entrepreneurs
- Investors and executives
- Professionals in cognitively demanding fields
- Athletes balancing demanding careers

What every participant shares, is a commitment to developing their physical capability with the same seriousness as their professional work.

What You Leave With

The goal of the residency is not simply a temporary improvement. After the residency you leave with a framework to assess, optimize and maintain your training and performance for years.

Each participant receives a clear understanding of their structural movement patterns and a set of training principles specific to their unique body and capabilities. This will form the foundation of your personal load management strategy for balancing your training and professional demands. This way you are set up for optimizing your long-term physical capability.

Follow up

For participants who wish to continue developing their physical capacity, the residency can serve as the entry point to the Load - Control - Clarity Method.

This is a custom made training plan which focuses on sustained progress through structured strength development and long-term load management with a continuous recalibration of training based on your needs and capabilities.

Application

Participation in ELOA residencies is limited. Prospective participants begin with an application process to ensure alignment with the goals of the program.

Please feel free to contact us at www.eloa-performance.nl

Founders story

I am Wieteke and for the past years I have helped executives with different forms and levels of training. During these years I encountered a simple question time after time: *Why do some people sustain high performance for decades, while others slowly break down?*

Most of the people I worked with were driven, capable and disciplined. They trained hard, they worked hard. But over time, the same pattern appeared: fatigue accumulated, small physical limitations grew. The body became something to manage, rather than something that supported their work.

Effort alone wasn't the problem. Lack of structure was. I became less interested in training harder, and more interested in how the body actually functions: how it moves; how it adapts and how it carries load over time.

Because serious work requires a serious physical foundation. ELOA was built from that idea. Not to push people further, but to help them train with precision. So the body becomes what it should be: a stable, reliable foundation for the work that matters.

Wieteke

— Founder, ELOA