



FRI
MAY 20

SAT
MAY 21

SUN
MAY 22

MORNING EXPERIENCES- PICK ONE!

| | | | |
|--------|---|--|--|
| 7:00AM | <ul style="list-style-type: none"> Dr. Roger Jahnke: Qigong Brian Bradley: Egoscue Function & Flow Dr. Trisha Smith: Wim Hof Method: Breathing | <ul style="list-style-type: none"> Nzazi Malonga: Qigong Brian Bradley: Egoscue Function & Flow Dr. Trisha Smith: Wim Hof Method: Breathing | <ul style="list-style-type: none"> Dr. Greg Lane: Qigong Nzazi Malonga: Empowerment Dr. Trisha Smith: Wim Hof Method: Breathing |
| 8:15AM | DAILY KICKOFF! | | |
| 8:30AM | GUIDED MEDITATION | | |

MORNING PRESENTATIONS

| | | | |
|-----------------|---|--|--|
| 8:45AM | <ul style="list-style-type: none"> Dr. Leena Guptha: Driving Peak Performance through Goal Setting | <ul style="list-style-type: none"> Dr. Greg Lane: Using Five Phase Typology for Goal Setting | <ul style="list-style-type: none"> Dr. Leena Guptha & Dr. Greg Lane: Ongoing Assessment and Tracking Progress |
| 9:30AM | <ul style="list-style-type: none"> Exhibitor Presentation | <ul style="list-style-type: none"> Exhibitor Presentation | <ul style="list-style-type: none"> Exhibitor Presentation |
| 9:45AM | <ul style="list-style-type: none"> Dr. Trisha Smith: Leveraging Stress for Peak Performance | <ul style="list-style-type: none"> Dr. Alex Hutchinson: The Curiously Elastic Limits of Human Performance | <ul style="list-style-type: none"> Rick Beato: Music and Flow States |
| 10:45AM | <ul style="list-style-type: none"> Exhibitor Presentation | <ul style="list-style-type: none"> Exhibitor Presentation | <ul style="list-style-type: none"> Exhibitor Presentation |
| 11:00AM | <ul style="list-style-type: none"> Ben Greenfield: Using Biometric Data to Inform Holistic Lifestyle Decisions | <ul style="list-style-type: none"> Paul Chek: Building a Tribe | <ul style="list-style-type: none"> Bethany Hamilton: Fear: Friend and Foe |
| 12:00PM | LUNCH | | |
| 12:00PM -3:00PM | EXHIBIT HALL - OPEN TO PUBLIC | | |

AFTERNOON EXPERIENCES- PICK ONE!

| | | | |
|--------|---|--|---|
| 1:00PM | <ul style="list-style-type: none"> Dr. Dustin Dillberg: Surf Orientation Group Ear Acupuncture Dr. Jay Wiles: HRV Training Dr. Trisha Smith: Wim Hof Method: Cold Therapy | <ul style="list-style-type: none"> Dr. Dustin Dillberg: Surf Experience Group Ear Acupuncture Dr. Jay Wiles: HRV Training Dr. Trisha Smith: Wim Hof Method: Cold Therapy | <ul style="list-style-type: none"> Workout with Ben Greenfield Group Ear Acupuncture Dr. Jay Wiles: HRV Training Dr. Trisha Smith: Wim Hof Method: Cold Therapy |
| 2:30PM | BREAK | | |

AFTERNOON PRESENTATIONS:

Pick a session at 3PM and another at 4PM
OR Pick a 2-hour session from 3PM-5PM

| | | | |
|----------------|---|--|--|
| 3:00PM- 4:00PM | <ul style="list-style-type: none"> Dr. Jay Wiles: HRV for Personal Peak Performance Dr. Leena Guptha: Goal-setting Workshop Brian Bradley: Challenging the Conventional Wisdom on Posture and Stretching | <ul style="list-style-type: none"> Dr. Felice Dunas: Sex, Flow States, and Peak Performance Dr. Greg Lane: Generation and Restraint: Advanced Applications of the Five Phase Model Nzazi Malonga: TBD | <ul style="list-style-type: none"> Jason Prall: Personalized Approaches to Diet Dr. East Phillips: Why More is Not Always Better Dr. Roger Jahnke: The Art of Nourishing Life |
| 4:00PM- 5:00PM | <ul style="list-style-type: none"> Will Kleidon: Endocannabinoid System and Flow States Kara Collier: Continuous Glucose Monitoring | <ul style="list-style-type: none"> Dr. Janet Zand: Personalized Use of Herbs, Supplements, and Super Foods to Optimize Health Ara Katz: Optimizing the Microbiome for Peak Performance | <ul style="list-style-type: none"> Dr. Janet Zand: Personalized Use of Herbs, Supplements, and Super Foods to Optimize Health Dr. Felice Dunas: Sex, Flow States, and Peak Performance |
| 3:00PM- 5:00PM | <ul style="list-style-type: none"> Dr. Dustin Dillberg: Gut-Breath-Brain Dr. Drew Pierson: Neurofeedback | <ul style="list-style-type: none"> Paul Chek: Psychospiritual Development Dr. Alex Hutchinson: Recovery Strategies | <ul style="list-style-type: none"> Bethany Hamilton & Dr. Dustin Dillberg: Overcoming Obstacles to Peak Performance |
| 5:00PM- 7:00PM | EXHIBIT HALL - OPEN TO PUBLIC | | |
| 5:00PM- 7:00PM | Social Happy Hour | P3 Summit Party! Appetizers, Cash Bar Live Band, Raffle | |

7:00PM- 9:00PM

Welcome Dinner- VIP Only
Innovation Panel:
Dr. Drew Pierson, Dr. Janet Zand,
Ben Greenfield, Dr. Jay Wiles,
Kara Collier, and Paul Chek