



PERSONAL
PEAK PERFORMANCE
SUMMIT

FRI
MAY 20

SAT
MAY 21

SUN
MAY 22

MORNING EXPERIENCES- PICK ONE!

7:00AM – 8:00AM	Dr. Roger Jahnke: Qigong Brian Bradley: Egoscue Function & Flow Dr. Trisha Smith: Wim Hof Method: Breathing	Nzazi Malonga: Qigong Brian Bradley: Egoscue Function & Flow Dr. Trisha Smith: Wim Hof Method: Breathing	Dr. Greg Lane: Qigong Nzazi Malonga: Empowerment Dr. Trisha Smith: Wim Hof Method: Breathing
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8:45AM – 9:00AM

DAILY KICKOFF!

9:00AM – 9:15AM

GUIDED MEDITATION

MORNING PRESENTATIONS

9:15AM – 10:00AM	Dr. Leena Guptha: Driving Peak Performance through Goal Setting	Dr. Greg Lane: Using Five Phase Typology for Goal Setting	Dr. Leena Guptha & Dr. Greg Lane: Ongoing Assessment and Tracking Progress
10:00AM – 10:15AM	Exhibitor Presentation	Exhibitor Presentation	Exhibitor Presentation
10:15AM – 11:00AM	Dr. Trisha Smith: Leveraging Stress for Peak Performance	Dr. Alex Hutchinson: The Curiously Elastic Limits of Human Performance	Rick Beato: Music and Flow States
11:00AM – 11:15AM	Exhibitor Presentation	Exhibitor Presentation	Exhibitor Presentation
11:15AM – 12:00PM	Ben Greenfield: Blood, Biomarkers, Biohacking & Beyond: How To Navigate The New World Of Self-Quantification	Paul Chek: Building a Tribe	Bethany Hamilton: Fear: Friend and Foe

12:00PM

LUNCH

12:00PM – 3:00PM



EXHIBIT HALL - OPEN TO PUBLIC

AFTERNOON EXPERIENCES- PICK ONE!

1:00PM – 2:30PM	Dr. Dustin Dillberg: Surf Orientation Group Ear Acupuncture Dr. Jay Wiles: HRV Training Dr. Trisha Smith: Wim Hof Method: Cold Therapy	Dr. Dustin Dillberg: Surf Experience Group Ear Acupuncture Dr. Jay Wiles: HRV Training Dr. Trisha Smith: Wim Hof Method: Cold Therapy	Workout with Ben Greenfield Group Ear Acupuncture Dr. Jay Wiles: HRV Training Dr. Trisha Smith: Wim Hof Method: Cold Therapy
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2:30PM – 3:30PM

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	Dr. Jay Wiles HRV for Personal Peak Performance Dr. Leena Guptha: Goal-setting Workshop Brian Bradley: Challenging the Conventional Wisdom on Posture and Stretching	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	Jason Prall: Personalized Approaches to Diet Dr. East Phillips Why More is Not Always Better Dr. Roger Jahnke: Yang Sheng: Ancient Hacks for Performance Edge, Productivity, Creativity, and Inner Peace
4:00PM – 5:00PM	Will Kleidon: Endocannabinoid System and Flow States Kara Collier: Continuous Glucose Monitoring	Dr. Janet Zand: Personalized Use of Herbs, Supplements, and Super Foods to Optimize Health Ara Katz: Optimizing the Microbiome for Peak Performance	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	Dr. Dustin Dillberg: Gut-Breath-Brain Dr. Drew Pierson: Neurofeedback	Paul Chek: Psychospiritual Development Dr. Alex Hutchinson: Recovery Strategies	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!
7:00pm - 9:00pm

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