



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: Function and Flow Dr. Trisha Smith: Wim Hof Method: Breathing 	<ul style="list-style-type: none"> Nzazi Malonga: Qigong Brian Bradley: Function and 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: Intro to Goal Setting 	<ul style="list-style-type: none"> Dr. Greg Lane: Five Phase Assessment 	<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: Personalized Peak Performance 	<ul style="list-style-type: none"> Paul Chek: Building a Tribe 	<ul style="list-style-type: none"> Bethany Hamilton: Be Unstoppable
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. Trisha Smith: Wim Hof Method: Cold Therapy 	<ul style="list-style-type: none"> Dr. Dustin Dillberg: Surf Experience Group Ear Acupuncture Dr. Trisha Smith: Wim Hof Method: Cold Therapy 	<ul style="list-style-type: none"> Workout with Ben Greenfield Group Ear Acupuncture 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: Five Phase Workshop 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 Dr. Jay Wiles: HRV Training 	<ul style="list-style-type: none"> Dr. Janet Zand: Personalized Use of Herbs, Supplements, and Super Foods to Optimize Health Dr. Jay Wiles: HRV Training 	<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 Dr. Jay Wiles: HRV Training
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, Will Kleidon and Paul Chek		