

**P**

PHYSICAL

**O**

OCCUPATIONAL

**I**

INTELLECTUAL

**S**

SPIRITUAL

**E**<sup>TM</sup>

EMOTIONAL

**WELLNESS CHARITY EXPERIENCE**

**SUNDAY, JULY 21**

( OCEANFRONT LOCATION, RSVP FOR ADDRESS )

**MIND + BODY + SOUL MODALITIES**

**YOGA + BREATHWORK + SOUND HEALING**

**SPEAKER PANEL + ACRO + SALSA DANCING**

**BOXING + TACFIT + PICKLEBALL**

**BOAT RIDES + UNDERWATER TRAINING**

**ECOSYSTEM OF PARTNERSHIPS & PURPOSE:**

**DOCTORS, FOUNDERS, MILITARY, ATHLETES, CREATORS,**

**CHARITIES, INVESTORS / PHILANTHROPISTS**

**HEALING ZONES:**

**SAUNA, COLD PLUNGE, COMPRESSION,**


**BODYWORK, RED LIGHT THERAPY, MASSAGES,**

**FIRE CUPPING, MEDITATIVE PAINTING**

**FOOD + DRINKS + LIVE MUSIC**



**Sweat Tent**

**SWEAT  YOGA**



**CALIFORNIA  
YACHT CLUB**

**HALEDAY**