



1440

MULTIVERSITY
WINTER/SPRING 2019

**AN IMMERSIVE LEARNING DESTINATION
WHERE ENERGY, DISCOVERY, AND CREATIVITY FLOURISH**

SANTA CRUZ COUNTY, CALIFORNIA





Friends of 1440,

When we set out to build 1440 Multiversity almost six years ago, we had a vision of what we wanted to create, but only when we were actually in the middle of it all did we realize how much we would learn along the way. We knew what we wanted the campus to become—a place of energy, discovery, and creativity against the backdrop of a majestic 1,000-year-old redwood forest—and we found as we moved the dirt, carved out the walking trails, planted trees, and built the infinity tub, the campus began filling in the details and informing us, and not the other way around. It was one of our first lessons at 1440 about connection.

And with the setting's gentle guidance, we ultimately forged a place destined to connect—a place to connect with others, with nature, with self. 1440 is somewhere you can go to get away, to experience, listen for, and talk about the important things we all otherwise never seem to make time for. But it's also a place of reflection, a place to do the work that only you can do—a place to connect with being, a place to simply be.

If you like to learn and to grow, and you have some questions you've been putting off that you know deserve the time, or if you want to connect with others who have come with curiosities all their own, come and step into a deep invitation to discovery and join us at 1440 Multiversity.

Often the work isn't easy, and we don't have all the answers, but you do, and we have the programs, the place, and a path through the forest to help you find them.

We hope to see you soon,

Joanie, Scott, and the 1440 Family

Facing Page: Fresh-flower mandalas in the labyrinth and "Metamorphosis" stone sculpture by Welton Rotz

What You Will Discover

Whether you're at a fork in the road and wondering what's next for your career, experiencing health challenges, feeling unfulfilled in your relationships, or ready to expand in any area of your life, 1440 is a place where you can have the space and the time to explore what's most important to you.

Our campus will nurture and encourage you to invest in your whole self: body, mind, and spirit. Your stay includes delicious, locally sourced meals and 75 acres to explore. Walk the redwood trails, workout in the Fitness Center, take meditation or movement classes (such as qigong and yoga), and relax in the infinity-edge hot tub or next to the fire pits with a cup of coffee or a glass of wine.

Our faculty includes world-renowned physicians, thought leaders, scientists, artists, best-selling authors, and teachers who lead workshops and immersive experiences filled with practical tools to help you live your best life.

If you want to come for a weekend or longer without enrolling in one of our faculty-led programs, join us for rest and renewal. Simply book the days that work for your schedule, and then your time is free to bask in the majesty of the redwoods, take wellness and personal development classes, book a massage, savor the meals, and leave with a renewed sense of energy.



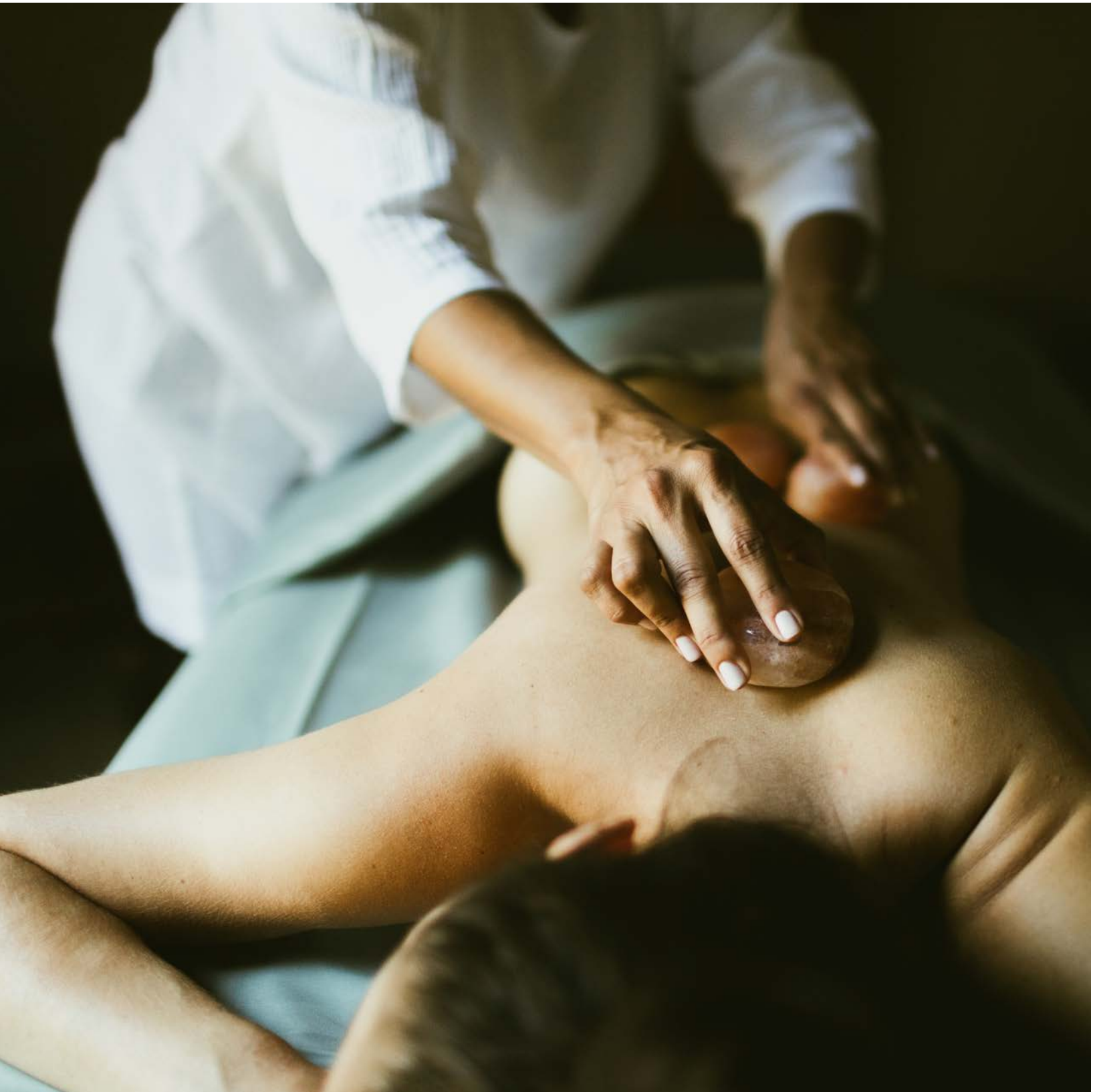






“ The amazing gift of being alive is that no matter what, we can always begin again. ”

Sharon Salzberg





Healing Arts



Our Healing Arts center features a serene relaxation room and women's and men's changing rooms with lockers, steam rooms, and private showers. Outside, the patio holds an infinity-edge hot tub with breathtaking views of the redwoods.

Choose from a range of revitalizing and nourishing services, from therapeutic massage to energy work to body treatments. Supported by our skilled practitioners, you will experience deep relaxation and engage your body's innate capacity to restore you. We encourage guests to book in advance.

Treatments include:

- Himalayan Salt Stone Massage
- Detox Massage
- Gemstone Massage
- Herbal Poultice Ritual
- Craniosacral Therapy
- Reflexology
- Hydrating Shea Butter Wrap
- Antioxidant Garden Facial
- Chamomile Detox Facial
- Moisture Drench Facial
- And more.



VISIT [1440.ORG/HA](https://www.1440.org/ha) FOR A FULL LIST OF SERVICES

A group of people are gathered outdoors at night, playing acoustic guitars. In the foreground, a man in a grey t-shirt and a flat cap is seen from the side, playing a guitar. He is looking towards another man in a light blue shirt who is also playing a guitar. In the background, other people are visible, some also playing guitars. A fire pit with a warm fire is in the foreground, and the scene is lit with soft, warm light, suggesting an evening setting. The background is filled with trees and foliage, creating a natural, outdoor atmosphere.

Plan Your Stay

We can't wait to welcome you to 1440 Multiversity. Our 75-acre campus tucked in the California redwoods between Silicon Valley and Santa Cruz invites you to step away from your usual routine and experience your 1440 minutes a day differently.

Choose a Program

Join us for 1440 signature experiences such as our True North Leadership program and other immersive learning retreats led by world-renowned faculty. Our programs are designed to inspire your curiosity, release your creative spirit, help you tap into your innate wisdom, and stretch you—quite literally in some cases! Learn how to live your best life with best-selling authors, thought leaders, and health professionals such as Shefali Tsabary, Martha Beck, Dan Siegel, Sharon Salzberg, Gabor Maté, Anita Moorjani, and many more.

We offer continuing education (CE) credits. Visit 1440.org/ce for more information.

[SEE FULL DESCRIPTIONS AND RECENTLY ADDED PROGRAMS AT 1440.ORG/PROGRAMS](https://1440.org/programs)

Stay for Rest and Renewal

Book accommodations at 1440 for rest and renewal, and play each day by ear. Use your stay as time for self-reflection and rejuvenation. Choose from 1440's optional classes such as yoga, tai chi, and nutrition education; savor delicious, locally sourced meals; and enjoy plenty of unstructured time for walks along the redwood trails, sipping cappuccino in the café, connecting with new friends, and so much more.

[TAKE TIME FOR REST AND RENEWAL, VISIT 1440.ORG/RR](https://1440.org/rr)

Book a Group Retreat

1440 Multiversity hosts groups of all sizes for single or multiday off-site meetings, trainings, conferences, and overnight events. With state-of-the-art meeting spaces and plenty of outdoor places to connect and collaborate, our campus is ideal for organizations and companies seeking extended time together for problem-solving, team-building, and inspired innovation.

[FIND OUT ABOUT UNIQUE GROUP RETREATS AT 1440.ORG/GROUPS](https://1440.org/groups)

Attend a Special Event

Join us for special events at 1440 Multiversity and take part in unique learning experiences without having to stay overnight. Expert teachers and visiting faculty share their engaging work and connect with guests and locals—come with friends, make it a date, or come by yourself—you're sure to learn something new!

[VIEW EVENTS AT 1440.ORG/EVENTS](https://1440.org/events)

Nature's Rhythm

Bring your active mind and imagination into the forest of ancient redwoods and notice how it feels to walk among the tall trees in all their grandeur.

Slowing down to the pace of nature is one of the most energizing, natural healing practices available to us. Choose to explore the trails on your own, or join one of our guides for a nature walk.

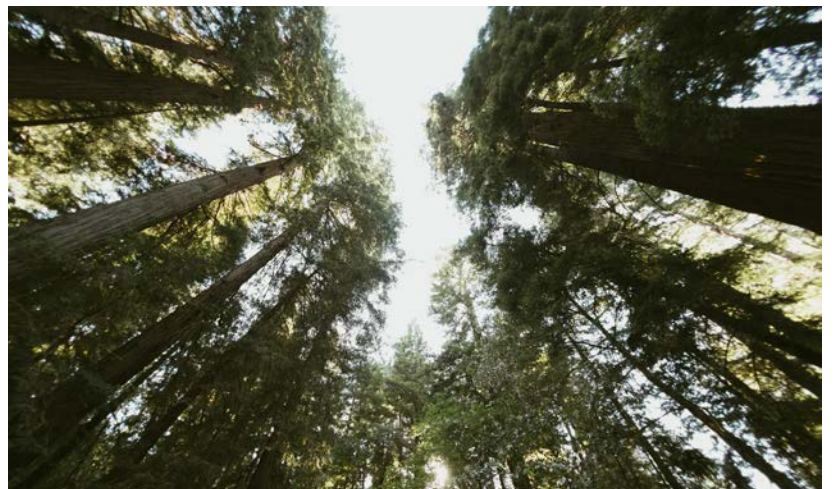
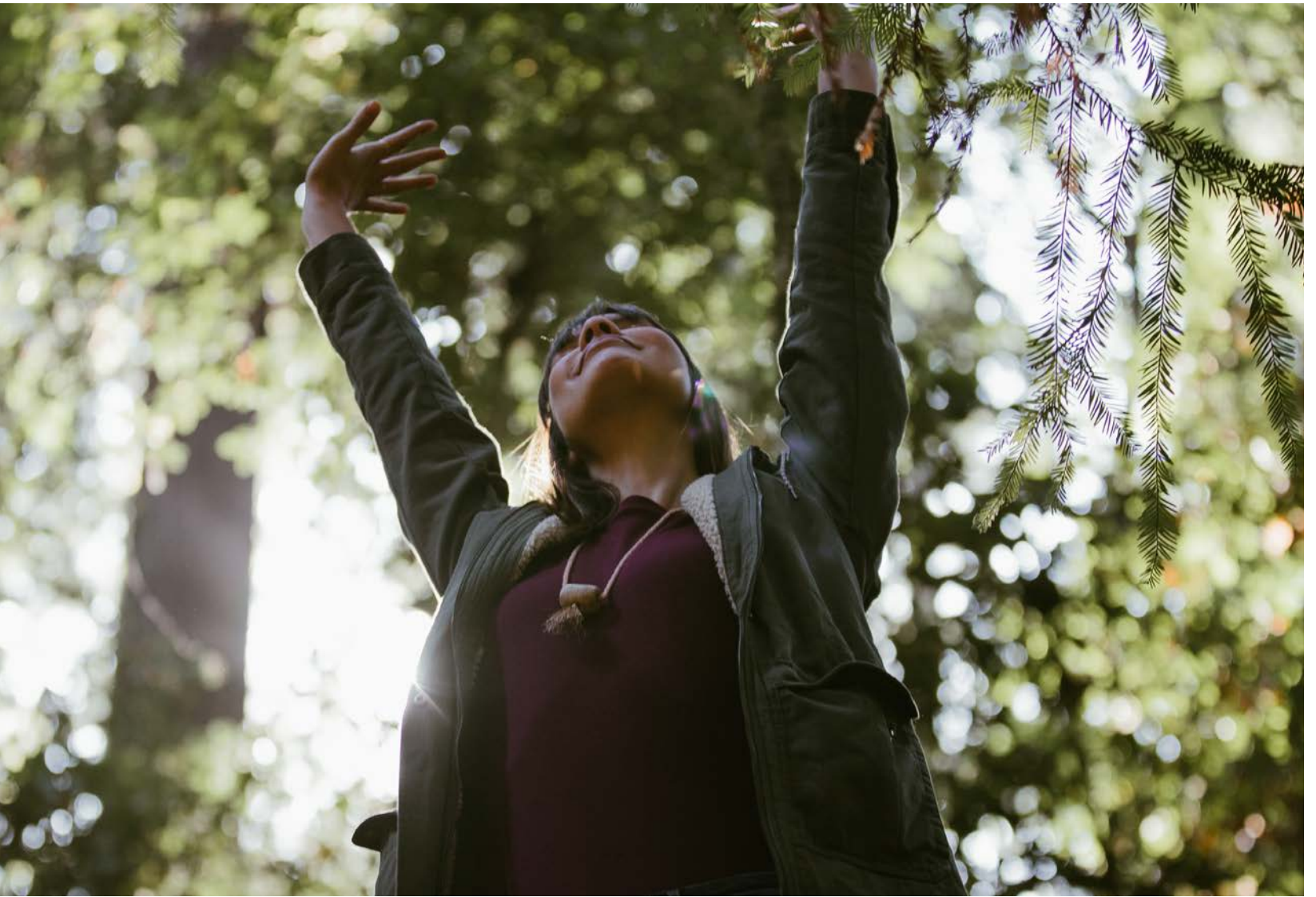
While on the trails or walking the labyrinth, engage your senses as part of the forest-bathing experience:

- Gaze up at the swaying treetops
- Take deep breaths of fresh air
- Feel the earth beneath your feet
- Hear the rustling leaves and flowing stream
- Pause in silence.

“ Nature does not hurry, yet everything is accomplished. ”

Lao Tzu









Moments to Connect

Our campus has been purpose-built with a variety of places to have authentic conversations, journal, reflect, and relax.

- Take a break for coffee and tea in Common Grounds, with wine and beer available in the evenings. Here, you'll also find homemade sweet treats and games to play.
- Read a book or gather with others in the foyer of Trillium, with its unique portraiture and lending library for guests.
- Walk down to the Cathedral of trees, and choose your seat on the hand-carved benches with an unforgettable view.
- Dangle your feet into the water as you sit on the edge of the curved footbridge by the waterfall, and listen to the sound of the recycled rainwater flowing over the boulders.
- Soak in the infinity-edge hot tub, overlooking the redwood forest.
- By daylight and starlight, circle around the fire pits.

We invite you to find your favorite spot. Think of the campus as a canvas for creating an experience all your own.



Kitchen Table

A glowing fireplace warmly welcomes guests entering Kitchen Table. Once inside, slow down and connect with new friends over delicious entrées, desserts, local Verve coffee, and tea (wine and beer are available at dinner). We source our produce from local farms, harvest spices and edible flowers from our gardens, and source sustainable meat and seafood from partners dedicated to humane practices.





Executive Chef Kenny Woods



Transitioning into New Seasons

Tips from 1440's Executive Chef Kenny Woods

Try these tips to strengthen relationships in your community, support local growers, expand your knowledge about the delicious and nutritious produce that flourishes near you, and learn how to choose the most nutrient-dense and flavorful ingredients for home-cooked meals.

Seasonal Produce Calendar

Learn what's in season and what's at peak by following a seasonal produce calendar. Eat fruits and vegetables accordingly, and you'll enjoy the highest quality and flavor year-round.

Know Your Local Food History

Most of us didn't grow up on a farm, or in a kitchen. A great way to be more connected to your food is to research what grows in your area. These local treasures will cost less, taste better, and provide a way for you to support local farms and businesses.

Farmers Markets

Visit your local farmers market to meet the growers responsible for helping nourish you throughout the year. By shopping this way, you'll get the freshest seasonal produce available and connect with those who grow your food.

Local Foraging

Local foragers are our connection to what grows wild. Foragers have hidden spots where they harvest mushrooms, fiddlehead ferns, and other wild finds. Search for local foragers in your area to get the insider's scoop on what is growing wild around you.

Challenge Yourself to Eat Only What's in Season

Our society is disconnected from what grows in season. We buy strawberries in the middle of winter and citrus in the summer. Eating this way lowers food quality, pushes food buyers to bring in products from overseas, and hurts local farmers who are forced to compete with commercial pricing.

From Our Kitchen Table to Yours:

Thoughts on Eating with Presence

When a hurried pace of life dominates our daily priorities, it is all too easy to eat without thinking about what we're doing. We eat because it is time or because we need to—and yet when we rush through meals, we often miss out on the joy of eating.

A meal is so many things—it is someone's hard work (maybe our own), it is an opportunity to connect with the moment and perhaps with people we love, it is a tasty collection of nutrients that care for our body, and it is a display of what the planet provides.

Eating mindfully is a practice we can reclaim. It isn't hard or time-consuming, but it does require attention and practice.

Slowing down is the key.

Amazingly, our senses have a magical way of piggybacking on one another to enhance sensory experience. "When you smell garlic sautéing in olive oil, your stomach starts to react and your digestive enzymes begin to blossom even before you've begun eating," explains 1440's Executive Chef, Kenny Woods.

Smell, as it turns out, literally prepares you for taste.

Slowing down enough to really take in the preparation, presentation, and enjoyment of food is something Chef Kenny advocates—regardless of what we're eating or where we are. It matters, he says, that we keep our eyes, heart, and belly aware and appreciative of our food.





"Coming into a space where you're relaxed and in tune with your body before you even start to eat is the first step," he says. "When we fully experience our food—colors, textures, smell, and even touch—we enjoy it more."

It also matters that we notice and appreciate whomever prepared our food. We know that feeling grateful contributes to a sense of joy. If you consider your gratitude for both the food you're about to enjoy and the person who prepared it, you're likely to care about the meal that much more.


And of course, eating slowly and carefully is vital for the health of the digestive process.

"Once you start eating, take full bites and chew everything," says Chef Kenny. "After 15 or 20 minutes of eating, check in with yourself and ask, *Am I still hungry? How do I feel?*"

If you're around the table with children, says Chef Kenny, consider engaging them in conversation about where the food comes from.

"Many kids don't know that grapes grow on a vine and blueberries come from a bush. The opportunities to educate kids about where their food originates are endless."

When we take the time to cultivate awareness of where our food comes from, appreciate how it is prepared, and notice how it stimulates all of our senses—sitting down for a meal becomes an opportunity to be fully present and nurture our whole self.

A photograph of a person's hand reaching out to touch a pine branch in a forest. The scene is dimly lit, with sunlight filtering through the trees, creating a soft, natural atmosphere. The background is a dense forest of evergreen trees.

“ We as human beings have this amazing capacity
to be reborn at breakfast every day and say,
"This is a new day, who will I be?" ”

Jack Kornfield



Your Body's Wisdom

At 1440, you can decide how to spend your free time based on how you feel in each moment.

Meditation and mindful movement classes such as qigong and yoga are open to all guests, and we have a labyrinth located behind Redwood auditorium. If you prefer to work out, our 1,440-square-foot Fitness Center has ellipticals, bikes, rowing machines, yoga mats, and more, with beautiful views of the redwoods.

On the other hand, if a nap is what you need most, then doze off without worrying about who's taking care of dinner. When you wake up, simply walk over to Kitchen Table and join the others.

To nourish your body, calm your mind, and restore your energy, book a treatment at our expansive Healing Arts center nestled in the redwoods. Our skilled practitioners offer a wide range of treatments, which you can schedule in advance.

We invite you to take breaks from checking your texts, listening to podcasts, and scrolling through social media. When not responding to messages from the outside, you'll strengthen your connection to the messages from within—there's no better way to discover deep wisdom about your health and all else that is meaningful to you.







Aging Gracefully:

Insights from Dr. Andrew Weil



Andrew Weil, MD, is a world-renowned leader and pioneer in the field of integrative medicine and a *New York Times* best-selling author of 15 books on well-being. He is founder and director of the University of Arizona Center for Integrative Medicine, where he is a clinical professor of medicine and professor of public health. We spoke with him about how much of healthy aging is truly within our personal control.



NUTRITION

Optimal Health Within Reach:

Learn the Healthy-Aging Tools
of Integrative Medicine

March 22 – 24, 2019

Tuition \$545 plus two nights

See page 51 for full program description.

1440: What are some key elements of healthy aging?

Dr. Weil: It is vital to recognize that aging is natural and inevitable. Everything ages: stars, mountains, animals, and human beings. The modern Western world tends to vigorously deny the reality of aging, and a great deal of nonsense is posted on the internet and elsewhere about “stopping” and even “reversing” the aging process.

In my view, this denialism puts many people into an unhealthy relationship with aging. They focus on fruitlessly “fighting” the aging process, even resorting to untested, dangerous interventions such as injections of human growth hormone or embryonic stem cells. While medical research may eventually develop safe, effective antiaging therapies, there are none I would recommend today.

I believe we are better off embracing aging’s positive aspects such as the fruition of talents and skills, the deepening of relationships, and a broader, wiser perspective on what matters and what does not. After all, we all acknowledge some things naturally get better with age: whiskey, wine, cheese, and violins, for example. Why not human beings?

One can optimize physical and mental health at any age, through a variety of scientifically validated practices including appropriate nutrition, regular moderate exercise, stress-reduction techniques, optimized sleep, and maintaining a rich social and spiritual life.

If these are practiced diligently—and if one has a bit of luck, as there is always unpredictability in the realm of health—one can achieve what Stanford professor of medicine James Fries called “compression of morbidity.” This means that one enjoys a long, robust life largely free of chronic illness, with the period of infirmity leading to death compressed into as short a period as possible.

1440: What exactly is inflammation? Does inflammation inevitably worsen as we age?

Dr. Weil: Inflammation in the body is a normal and healthy response to injury or attack by germs. We can see it, feel it, and measure it as local heat, redness, swelling, and pain. This is the body’s way of getting more nourishment and more immune activity into an area that needs to fend off infection or heal. But inflammation isn’t always helpful. It also has great destructive potential, which we see when the immune system mistakenly targets the body’s own tissues in (autoimmune) diseases like type 1 diabetes, rheumatoid arthritis, and lupus.

Whole-body inflammation refers to chronic, imperceptible, low-level inflammation. Mounting evidence suggests that over time this kind of inflammation sets the foundation for many serious, age-related diseases including heart disease, cancer, and neurodegenerative conditions such as Alzheimer’s and Parkinson’s diseases. Recent evidence indicates that whole-body inflammation may also contribute to psychological disorders, especially depression.

Blood markers of inflammation typically increase as we age, even in the absence of acute infection or other stressors. Still, the relationship between chronic, elevated inflammation and aging isn't clear—probably, inflammation is both a cause and effect of aging. In any case, inflammation at higher-than-average levels for any individual at any age probably accelerates biological aging.

1440: Is there a way to lessen or reverse this?

Dr. Weil: Fortunately, most of the lifestyle changes I recommend (See page 25) can help people of any age reduce inappropriate levels of whole-body inflammation.

One more that is a particular favorite of mine: consuming turmeric, the traditional spice from India that gives curries their distinctive orange-yellow hue. Turmeric and its active constituent, curcumin, have been shown to exhibit potent anti-inflammatory activity.

One can optimize physical and mental health at any age, through a variety of scientifically validated practices.

To take advantage of turmeric's benefits, take turmeric extracts. They are available in tablet and capsule form at natural food stores. Look for supercritical extracts in dosages of 400 to 600 mg, and take three times daily or as directed on the product. I favor formulations that contain piperine, a black pepper extract that enhances absorption.

1440: You have studied dietary and lifestyle trends in communities across the globe where longevity far surpasses average standards. What are some surprising features of those pockets of the world?

Dr. Weil: Health researcher Dan Buettner has traveled the world identifying what he terms "Blue Zones." These are areas in which people tend to live longer, healthier lives than the global average. He has discovered many commonalities in elderly Blue Zone community members, including:

- Diets rich in vegetables and fruits
- Not overeating
- A tradition of lifelong exercise including walking and gardening
- Not smoking
- Having a specific purpose in life
- Moderate intake of alcohol
- Involvement in spirituality or religion
- Engagement with family and community life.

My favorite place to study a culture that promotes health and longevity is Okinawa, Japan's southernmost prefecture. Its residents had the longest life expectancy of all of Japan's prefectures for almost 30 years prior to the year 2000. Its recent, unfortunate decline in longevity ranking seems directly traceable to the widespread adoption of Western culture, and worst of all Western food, including American fast-food franchises.

But pockets of happy, healthy, tradition-bound citizens remain there, and they are the ones I seek out. An elder in that culture will introduce herself by saying, "I am 90 years old. How old are you?" Okinawan customs hold that elders are repositories of wisdom, and young people often seek the counsel of the old.

In my view, we have much to learn from this culture.

This interview was conducted by Kate Green Tripp, Managing Editor for 1440 Multiversity.

“ Everything ages: stars, mountains, animals, and human beings. ”

Andrew Weil

Ingredients of a Life Well Lived:

Tips for Healthy Aging from Dr. Weil



Nutrition

Eat an anti-inflammatory diet featuring nutrient-dense vegetables, low-sugar fruits such as berries, which provide protective antioxidants, and fatty cold-water fish including wild Alaskan salmon, a rich source of heart-healthy omega-3 fatty acids.



Stress Reduction

Regularly practicing mindfulness meditation and breathing exercises can help to calm the sympathetic nervous system, which in many of us is chronically in “fight or flight” mode.



Exercise

I am a great advocate for walking at a brisk pace for at least 30 minutes daily. It requires no training or special equipment, fits easily into busy lives, and, when done with a friend, helps counter social isolation.



Sleep

Sleep deprivation’s side effects include dysregulation of the hormones that regulate appetite, leading short-sleepers to chronically overeat. To sleep well—limit caffeine, invest in light-blocking shades and a quality mattress, and avoid staring at screens after 8:00 p.m.



Social Connection

Research suggests that social isolation is as hazardous to health as smoking 15 cigarettes daily or being an alcoholic. It’s vital to remain connected to others as we age through church membership, volunteering, part-time employment, or in any way that makes sense for a person’s situation and inclination.



Medical Care

Americans in general are overmedicated and often subjected to inappropriate, ineffective surgeries. Physicians trained in integrative medicine can provide direction in safe, gentle, inexpensive lifestyle-based therapies for a wide variety of conditions including the “diseases of aging” such as cardiovascular disease, osteoporosis, or mild cognitive impairment.

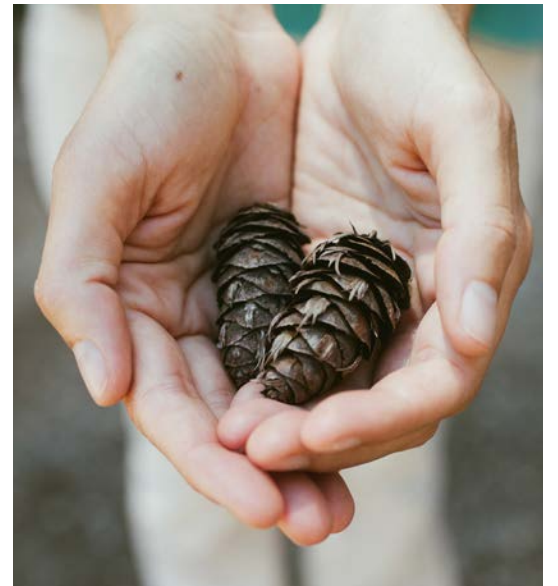
Wonder as You Wander

Within the hand-built stone walls, among the towering trees, and in the most unexpected places, you'll discover natural treasures and out-of-the-box creativity evoking a sense of wonder at the possibilities.

Artists, designers, landscapers, and craftspeople have left their mark on the campus in whimsical, inspiring, and meaningful ways. While here, you might happen upon these and other gems:

- Larger-than-life words including WONDER, by Robert Barry
- More than twenty fossils placed to blend into the stonework
- Blobs of hand-blown glass made to look elemental like river stones
- Countless varieties of local flora in bloom
- Ancient trees, including the 1,200-year-old mother tree.







Be Inspired by the Artwork

1440 Multiversity is a place for conversations that matter—conversations that evolve naturally while sitting by fire pits, walking along trails, or standing in front of a work of art.

Across campus, you'll encounter paintings, installations, sculptures, and more, precisely placed to catch your eye and interrupt your habitual train of thought for a moment or longer. Some of the featured works include:

- *Building Blocks of Humanity*, a mural stretching more than 100 feet along the main driveway, by Benjamin Swatez
- *Passages*, an interactive poetry wall, by Jessica Higgins
- *Chakra Tools* to help balance the energy centers of the body, by Erika Knerr
- Nine granite and marble sculptures to be discovered in groves, near water features, and elsewhere, by Welton Rotz
- *Words on the hill*, by pioneering conceptual artist Robert Barry.

Art is an integral part of the landscape and vision for 1440, provoking dynamic interactions and encouraging the natural creative impulse in each of us.



“ Every human is an artist.
The dream of your life is to make beautiful art. ”

don Miguel Ruiz



A Home Away from Home





From fireplace suites with a private bathroom and a patio overlooking the redwoods, to modern sleeping pods in shared accommodations that sleep eight with hall bathrooms for a more environmentally conscious option, we offer a variety of room types to fit a range of preferences and budgets.

Breathtaking views, custom-mounted manzanita branches on the walls, and gorgeous macro-photography showcasing the variety of local flora on campus, bring the outside in.

Staying at 1440 is an immersive experience that includes:

- Locally sourced, freshly prepared meals to savor fireside or al fresco
- Wellness classes such as meditation, yoga, and qigong
- Access to our 1440-square-foot Fitness Center, winding redwood trails, infinity-edge hot tub overlooking the forest, and more.

Traveling solo? Request to be paired with another guest in shared accommodations for a budget-friendly option.

**FOR MORE INFORMATION OR TO BOOK YOUR NEXT STAY,
CALL 1-844-260-0040 OR VISIT [1440.ORG/ACCOMMODATIONS](https://1440.org/accommodations)**





Immersive Programs

1440 offers a remarkable opportunity to inquire, play, learn, wonder, create—and also, to simply be. Peruse the pages that follow and explore our expertly led program offerings in movement and nutrition, the ancient wisdom of yoga and meditation, relationships, self-discovery, leadership, and so much more. You'll also have plenty of time to wander among the redwoods, take a qigong class or a nature walk, relax in the infinity-edge hot tub or on a massage table, and linger over locally sourced, lovingly prepared meals.

MOVEMENT

Through yoga, qigong, dance, and cardio, movement is more than exercise—it helps us stretch beyond our perceived limits.

NUTRITION

Explore practical approaches to meal planning, mindful eating, and spicing up your time in the kitchen to delight your taste buds, boost your nutrition, and care for your whole self.

CREATIVE EXPRESSION

Wander into your imagination, light up the quiet corners of your brain, and trust the process whether writing a book or designing your life.

SELF-DISCOVERY

Life demands many skills. How do we thrive in the face of both beauty and challenge? Dive into self-inquiry with guidance and encouragement.

PROFESSIONAL DEVELOPMENT

Thought leaders discuss the implications of cutting-edge discoveries that can revolutionize our everyday lives. Catch up on the latest research and advance your skills with new perspectives and tools.



SELF-DISCOVERY

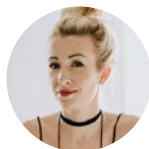
The BREAK Method:

The School of Sustainable Self-Mastery

January 18 – 20, 2019

Chronic fear, worry, pain, or doubt are 100 percent optional. Experience immediate, straightforward transformation with the wildly popular Bizzie Gold. By the end of the weekend, you will not only free yourself from trauma, addiction, anxiety, depression, or stagnation and rewrite generations of emotional addiction, you will become your own master teacher—for life.

Tuition \$350 plus two nights



BIZZIE GOLD

is a successful entrepreneur and global consultant, dubbed "the millennial voice of personal development" for her approach to transformation and accountability.

SELF-DISCOVERY

Aware:

The Science and Practice of Presence

January 18 – 20, 2019

What does it *really* mean to awaken the mind—to be present, aware? Dive in with Dr. Daniel Siegel to look into the true essence and full experience of awareness. Based on his new book, *Aware*, Dr. Siegel leads an in-depth look at the science that underlies meditation's effectiveness, and how to use it in your life.

Tuition \$435 plus two nights



DANIEL SIEGEL, MD

is an award-winning educator, renowned child psychiatrist, and internationally acclaimed author of *Aware*, *Mindsight*, and *The Whole-Brain Child*.

SELF-DISCOVERY

Tracking Wonder in Times of Challenge and Change:

7 Ways to Shape Your Days with Purpose, Creativity, and Delight

January 20 – 25, 2019

Wonder is the one human experience that dissolves habitual ways of perceiving problems so that we can conceive radically new solutions.

Tuition \$425 plus five nights



JEFFREY DAVIS



LEO BABAUTA

SELF-DISCOVERY

Callings:

In Search of an Authentic Life

January 18 – 20, 2019

What is your true calling? How do you know? Make your life "come true" and realize your ultimate self with Gregg Levoy, best-selling author and spiritual scholar, in a dynamic dive into one central question—what wants to emerge in your life right now? Be who you really are and do what you are meant to do, starting today.

Tuition \$305 plus two nights



GREGG LEVOY

is an expert in passionate living and human potential. The former behavioral specialist at *USA Today*, he is the author of *Callings* and *Vital Signs*.

SELF-DISCOVERY

Silent and Guided Meditation Retreat

January 18 – 21, 2019

Embark on a journey into silence and inner awareness and unlock your own conscious living. Join Dr. Shefali for a workshop on mindfulness—the practice of living in the present—and find your true, authentic self. Free your life from fear and conflict, and embody compassion, empathy, and tolerance as you discover a new dimension of your being.

Tuition \$475 plus three nights



SHEFALI TSABARY, PHD

is an international speaker and author, who has been practicing a blend of clinical psychology and Eastern mindfulness for over a decade.

MOVEMENT

The Deeper Potential of Iyengar Yoga:

Tracing Your Inner Self

January 20 – 25, 2019

Take a journey inward with renowned Iyengar Yoga teacher Marla Apt for five days of self-inquiry and discovery as you increase your strength and flexibility, learn to use yoga as a meditative practice, and tailor the practice to your needs.

Tuition \$425 plus five nights



MARLA APT

is a senior-level certified Iyengar Yoga teacher with over 25 years of experience, including studying directly with B.K.S. Iyengar.



SELF-DISCOVERY

Entering the Miraculous

January 24 – 27, 2019

Matt Kahn

What would it mean to experience emotional freedom? To unblock the path to your true potential? Join spiritual teacher Matt Kahn for a weekend immersion and a transmission of healing energy expressed through his words. Matt creates a vital, energetic field where the grace of healing and power of awakening are palpable and easy to receive.

For full bio and program information visit 1440.org/Miraculous

Tuition \$460 plus three nights



MATT KAHN

author of *Whatever Arises, Love That*, is a spiritual teacher and highly attuned empathic healer whose often humorous videos are a YouTube sensation. Many seekers have awakened to their true nature through Matt's teachings and transmission of timeless sacred heart wisdom.

PROFESSIONAL DEVELOPMENT

15 Commitments of Conscious Leadership:

Radically Enhance Your Coaching

January 25 – 27, 2019

It's clear that unconscious leadership is not sustainable. Coaches are discovering that in order to change unwanted patterns in business and leadership, you must address two things: content and, even more importantly, context—the consciousness from where the content is discussed.

Join Diana Chapman and Jim Dethmer, authors of *The 15 Commitments of Conscious Leadership*, for a course for coaches that will forever change the way you understand leadership. Any one of the 15 commitments will change your life. All of them together are revolutionary.

Tuition \$410 plus two nights



DIANA CHAPMAN

is a cofounder of the Conscious Leadership Group and has been a trusted advisor to more than 700 top-tier organizational leaders and many of their executive teams.



JIM DETHMER

is a cofounder of the Conscious Leadership Group and has guided Fortune-200 CEOs across all industries in a radically new conversation about leadership, consciousness, and commitment.

NO. 27

Did You Know?

We have hundreds of Italian honey bees in our bee hive. They were relocated from a hive removal that took place in Scotts Valley. Our main priority is to support the bee ecosystem, and eventually we will harvest honey and offer bee classes in the Teaching Kitchen.

PROFESSIONAL DEVELOPMENT

Beyond Pain Management:

Rewiring the Brain to Unlearn Your Pain

January 25 – 27, 2019

Are you a healthcare professional interested in helping your patients become pain free? Unlearn Your Pain is an emerging model of care that brings together cutting-edge research and advanced clinical interventions that has helped thousands of people when traditional medical approaches have failed.

Through didactic sessions, demonstrations, and role-playing, you will learn to identify and counsel patients with chronic pain caused by learned neural pathways, lifetime trauma, and unresolved emotional experiences.

Tuition \$345 plus two nights



HOWARD SCHUBINER, MD

is author of three books, board certified in internal medicine and pediatrics, and creator of the Unlearn Your Pain program.



ALAN GORDON, LCSW

is director of the Pain Psychology Center, Los Angeles, and is adjunct assistant professor and founder of the Mind-Body Caucus at USC School of Social Work.

SELF-DISCOVERY

Reveal:

What Your Year Holds

January 25 – 27, 2019

Whether you're in the midst of change, feeling stuck in a rut, or simply curious about what's next for the new year, get ready to move courageously toward your future. Shasta Nelson, women's relationship expert, facilitates this popular annual weekend in a safe and encouraging way to help each woman tap into her greatest intuition.

Tuition \$300 plus two nights



SHASTA NELSON, MDIV

is the author of *Frientimacy* and has been featured in the *New York Times*, *Good Housekeeping*, *Health*, and *Forbes*.

SELF-DISCOVERY

Hacking Core Beliefs:

Uncover What Drives Your Thoughts, Emotions, and Behaviors

January 27 – February 1, 2019

Neuroscience tells us that unconscious beliefs and impulses drive 90 percent of our behaviors and reactions. That resistance lies beneath our awareness. This week, shift the beliefs—stop driving insecurity, anger, and self-destructive behavior, and sabotaging your success.

Tuition \$425 plus five nights



GARY VAN WARMERDAM

is a happiness coach, belief systems expert, and author of *MindWorks: A Practical Guide for Changing Thoughts, Beliefs and Emotional Reactions*.

SELF-DISCOVERY

Compassion Cultivation Training:

A Special 5-Day Immersion

January 27 – February 1, 2019

In this 5-day intensive version of Stanford University's Compassion Cultivation Training program, connect to the suffering of others without feeling burdened, and gain a profound resource for managing and strengthening relationships to ourselves, others, and the world.

Tuition \$750 plus five nights



MICHELLE
BECKER, LMFT



MONICA
HANSON

CREATIVE EXPRESSION

Drawing on the Right Side of the Brain:

Seeing the World Around You

January 27 – February 1, 2019

Join painter and printmaker Lisbeth Firmin for an intensive immersion in demonstrations and studio exercises to develop the perceptual skills you need to draw with confidence.

Tuition \$555 plus five nights



LISBETH FIRMIN

is the recipient of many awards and grants, and she teaches at art institutes and universities throughout the United States.

More January Programs

SELF-DISCOVERY

Making Sense of Your Life:

Understand Your Past and Empower Your Future

January 25 – 27, 2019

Tuition \$325 plus two nights



LISA FIRESTONE AND JOYCE CATLETT

CREATIVE EXPRESSION

Writing to Awaken:

Memoir as a Path of Transformation

January 25 – 27, 2019

Tuition \$310 plus two nights



MARK
MATOUSEK

NO. 49

Did You Know?

Campus has 650 trees, over 20,000 plants, and counting.

FULL DESCRIPTIONS AND MORE PROGRAMS AT 1440.ORG/PROGRAMS





SELF-DISCOVERY

Relationship Magic:

Waking Up Together, a Step-by-Step Plan to More Loving and Fulfilling Relationships

February 1 – 3, 2019

Relationships with partners, family, coworkers, and even strangers can be challenging. Fortunately, real solutions can turn confusing or painful moments into ones of healing and understanding. Guy Finley will lead you through a profound set of principles and practices that will heal misunderstandings at the root.

Tuition \$340 plus two nights



GUY FINLEY

is the best-selling author of *The Secret of Letting Go* and more than 40 other works that have sold over 2 million copies in 24 languages worldwide.

MOVEMENT

Dynamic Aging:

Moving Well with (or Without) Joint Replacements

February 1 – 3, 2019

Put mobility back into your life, no matter your age or joint condition, with biomechanist and host of the award-winning podcast *Katy Says*, Katy Bowman, and pioneering yoga therapist and cofounder of Tune Up Fitness Worldwide, Jill Miller.

Tuition \$375 plus two nights



JILL MILLER



KATY BOWMAN

SELF-DISCOVERY

Surfing the Wave of Change:

How to Survive Anything

February 1 – 3, 2019

Martha Beck

Surf the wave of change and map your way to a more authentic life with Martha Beck, one of the country's best-known life coaches. This inspiring weekend is an invitation to drop away from the tameness of socialization that has been holding you back from living freely—and let your powerful, wild self be your primary source of direction.

For full bio and program information visit 1440.org/Wave

Tuition \$425 plus two nights



MARTHA BECK, PHD

grew up wanting to be an ecologist or a professor. Three children, three Harvard degrees, and many books later, she is one of the best-known life coaches in the United States. A world-renowned speaker, teacher, and author, Martha is also featured in popular magazines such as *O*, *The Oprah Magazine*, *Real Simple*, and *Redbook*.

MOVEMENT

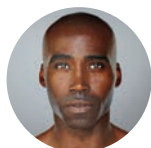
Unlock, Unleash, and Embrace Your Unlimited Potential:

Rebuild and Rejuvenate with
Yoga and Mindfulness

February 1 – 3, 2019

Through the transformational practices of yoga, meditation, and mindfulness, gain tools for holding new intentions to achieve your highest vision. Deepen and clarify your new knowledge through discussion, questions, and answers.

Tuition \$345 plus two nights



KEITH MITCHELL

is a former NFL linebacker and a respected yoga instructor with over a decade of experience teaching yoga worldwide to inspire self-empowerment transformations.

SELF-DISCOVERY

What You Practice Grows Stronger:

Mindfulness and Neuroplasticity

February 1 – 3, 2019

Modern neuroscience proves that repeated experiences shape our brains. Happiness can be trained step-by-step into the very structure of our minds. Join clinical psychologist Dr. Shauna Shapiro on an exploration of how mindfulness rewires our brains and transforms our lives.

Tuition \$375 plus two nights



SHAUNA SHAPIRO, PHD

is a professor, author, and internationally recognized expert in mindfulness and compassion. She coauthored *The Art and Science of Mindfulness and Mindful Discipline*.



SELF-DISCOVERY

The Power of Transformation

February 3 – 8, 2019

Anita Moorjani

Embody your whole range of being, expand your understanding of what your body is capable of, and watch emotional and physical healing take place in real time. Anita Moorjani, the best-selling author who describes her own crossing-over experience, guides you firsthand through accessible and joyful mystical knowledge. Learn simple, practical revelations that are easy to integrate into daily life to create deep and lasting transformation and healing.

For full bio and program information visit 1440.org/Transformation

Tuition \$495 plus five nights



ANITA MOORJANI

is the *New York Times* best-selling author of *Dying to Be Me*, with more than a million copies sold worldwide in over 45 languages. A transformational speaker featured globally on television, radio, online, and in-person, she has been one of *Watkins Mind Body Spirit* magazine's 100 Most Spiritually Influential Living People for five consecutive years.



SELF-DISCOVERY

Women's Spirit:

The Fire Within—Ignited!

February 8 – 10, 2019

Learn to express your fiery spirit and passion through creativity, spirituality, sexuality, and activism. Join Jungian analyst Dr. Jean Shinoda Bolen and empower your life with psychological insights woven together with storytelling, myths, and music. Explore the archetypes in your life and get grounded in the world you live in for your own strength, peace, and power.

Tuition \$375 plus two nights



JEAN SHINODA BOLEN, MD

is a psychiatrist, Jungian analyst, Distinguished Life Fellow of the American Psychiatric Association, and former clinical professor of psychiatry.

SELF-DISCOVERY

Couples' Communication Retreat

February 8 – 10, 2019

Fulfill the deepest potential of your core love in relationship and return home with the tailored skills you both need to let go of old fights, establish new loving patterns, and achieve your future goals as a solid, unified team.

Tuition \$325 plus two nights



WARREN FARRELL, PHD

trains couples, parents, and psychologists in the art and discipline of love. He is one of the *Financial Times'* world's top 100 thought leaders.

SELF-DISCOVERY

The Hivery Presents: Create a Vibrant Life:

A Retreat for Women to Get Unstuck, Find Your Voice, and Own Your What's Next

February 10 – 13, 2019

Create a vibrant life that matters for you and your world. Join The Hivery creators, mentors, and expert facilitators to move beyond obstructions and fears and into the vast possibilities of what's next. Identify where your core values, interests, strengths, and skills intersect to leverage your "secret sauce" for a fabulous future in this safe, inspiring, action-based retreat.

Tuition \$495 plus three nights



GRACE KRAAIJVANGER

is a visionary entrepreneur, artist, and founder of The Hivery, a collaborative, creative coworking space and idea lab in Mill Valley, California.



MEGAN FLATT

is a business growth strategist for female and mom entrepreneurs who want to lead thriving businesses while remaining present for everything.



LINDA LESEM, MS

is a trained therapist, career counselor, and life coach specializing in positive psychology (the science of happiness).



LAURA RIORDAN, PHD

is a holistic life coach, with a doctorate in transpersonal psychology, who helps clients find balance and meaningful success.

SELF-DISCOVERY

Alchemy of the Heart:

Expansion Through Meditation

February 10 – 15, 2019

Love is the whole story. Embodying it fully is both path and practice. Join Scott Schwenk for a dynamic 5-day meditation retreat exploring the terrain of joy, freedom, and highly creative states both in the midst of deep meditation and during ordinary life. Explore what it means to go deeper in meditation and expand intuitive insight about your practice and development.

Tuition \$420 plus five nights



SCOTT SCHWENK

is a master coach and meditation teacher with extensive experience in leadership development. Scott coaches clients worldwide and teaches weekly meditation classes.

SELF-DISCOVERY

Resilience:

Facing the Hard Things in Life with Compassion, Clarity, and Courage

February 15 – 17, 2019

Coping with unexpected or unwelcome challenges can feel impossible. But being flexible and adapting effectively is at the core of real well-being. With Linda Graham, strengthen the inherent resilience of your whole self.

Tuition \$315 plus two nights



LINDA GRAHAM, MFT

has facilitated personal growth for more than 20 years. She integrates modern neuroscience and relational psychology with contemplative practices.

CREATIVE EXPRESSION

Power of Artful Storytelling:

Tools for Deep Looking, Listening, and Sharing Impactful Stories

February 15 – 17, 2019

Learn new ways to listen and witness those around you and discover what really makes the people around us extraordinary and ordinary at the same time.

Tuition \$345 plus two nights



**COURTNEY
E. MARTIN**



**WENDY
MACNAUGHTON**

NO. 54

Did You Know?

We have 17 conveniently located water stations for refilling reusable water bottles. Our guests and staff have saved more than 130,000 bottles, reducing waste and the demand for production of plastic bottles.





SELF-DISCOVERY

Medicine for Empowered Communication:

A Different Kind of Prescription

February 22 – 24, 2019

Communication skills are critical in all aspects of life. The good news is that it only takes one person to change the outcome of a conversation—and that person is you.

Tuition \$340 plus two nights



NEHA SANGWAN, MD

is a physician and TEDx speaker combining the science of medicine with the art of communication for stronger relationships and improved health.

SELF-DISCOVERY

Mind, Mood, and Happiness:

Transforming the Self

February 22 – 24, 2019

For 2,500 years, the wisdom teachings of the East have utilized "skillful methods" to study and transform the mind-body. Western science has confirmed that changing your thinking and behavior can enhance happiness and well-being.

Tuition \$315 plus two nights



**RON
ALEXANDER, PHD**



ORA NADRICH

NUTRITION

The Paleo Mom Workshop and Masterclass:

Empowering Health with a Paleo Diet and Lifestyle

Sarah Ballantyne

Ready to make positive, lasting change in your well-being? Recharge your health with Dr. Sarah Ballantyne in a science-based introduction to the Paleo diet and lifestyle. Come for the 2-day workshop and retreat, or stay for an extra supercharged day by signing up for The Paleo Mom Masterclass 3-Day workshop. **For more information visit 1440.org/PaleoMom**

February 15 – 17, 2019

Tuition \$300 plus two nights

February 15 – 18, 2019

Tuition \$350 plus three nights



SARAH BALLANTYNE, PHD

is an award-winning speaker, *New York Times* best-selling author, and creator of the award-winning online resource ThePaleoMom.com. With a doctorate in medical biophysics and years of research in diverse health fields, Dr. Sarah's passion lies in using scientific literacy to improve public health.

SELF-DISCOVERY

Divine Wisdom:

Channeling the Psychic Within

February 22 – 24, 2019

Energy, Spirit, and intuition are guides available to us. Join internationally renowned psychic medium Bill Philipps to connect with your intuitive guidance as you become aware of energy, explore the fundamentals of vibration and intention, and learn to open and balance your chakras. Take home tools to assist your soul's growth and evolution and connect to the Spirit world.

Tuition \$350 plus two nights



BILL PHILIPPS

is an internationally renowned psychic medium and author, featured on national television and radio. He travels the country conducting audience readings.

SELF-DISCOVERY

Peace, Power, and Purpose:

A Weekend of Healing, Wisdom, and Revelation

February 22 – 24, 2019

Are you at the point where you are ready for more? In this illuminating weekend, *MORE* is what you get: more inner awakenings that last; more fulfillment with who you are and what you can offer to the world; more freedom; and more of your own magnificence.

Tuition \$380 plus two nights



BARBARA DE ANGELIS, PHD

is a renowned media personality, best-selling author, and one of the most inspiring teachers of our time, reaching millions in the field of personal transformation.

PROFESSIONAL DEVELOPMENT

Mindful Self-Compassion at Work:

Essential Skills for Building Inner Strength and Thriving

February 24 – March 1, 2019

In this lively and groundbreaking program, explore how you typically respond when difficulties arise and learn the necessary tools to enact the most effective alternative.

Tuition \$800 plus five nights



CHRISTOPHER GERMER, PHD



WIBOO KOOLE

MOVEMENT

Cultivate Energy Wisdom for Health, Healing, and Happiness

February 24 – March 1, 2019

Have you been looking for a single practice to increase health, energy, and creativity? Join qigong master and global healer Mingtong Gu as he guides you in uniting consciousness and energy—a union he calls "energy wisdom."

Tuition \$435 plus five nights



MASTER MINGTONG GU

leads retreats and workshops worldwide, and has been named Qigong Master of the Year by the 13th World Congress on Qigong and Traditional Chinese Medicine.



More February Programs

MOVEMENT

Fluid Heart, Open Mind:

A Somatic Moving Inquiry

February 3 – 8, 2019

Tuition \$385 plus five nights



AMBER GRAY AND
BETH PETTENGILL RILEY

SELF-DISCOVERY

The Rainbow Bridge:

Journey Through the Chakras

February 8 – 10, 2019

Tuition \$350 plus two nights



JASMINE
TARKESHI

SELF-DISCOVERY

Loving Touch:

Thai Massage for Two

February 8 – 10, 2019

Tuition \$315 plus two nights



SHAI
PLONSKI

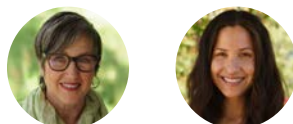
NUTRITION

Hearty Plant-Based Cooking:

Practical and Creative Essentials

February 8 – 10, 2019

Tuition \$385 plus two nights



SUSAN POWERS AND KAIA YUE

SELF-DISCOVERY

The Soulmate Secret:

Manifest the Love of Your Life

February 8 – 10, 2019

Tuition \$300 plus two nights



ARIELLE
FORD

SELF-DISCOVERY

The Rites of the Munay-Ki:

Initiation of the Earthkeepers

February 10 – 15, 2019

Tuition \$595 plus five nights



JIM
DEWELL

MOVEMENT

Change Your Posture, Change Your Life with YogAlign

February 10 – 15, 2019

Tuition \$395 plus five nights



MICHAELLE
EDWARDS

MOVEMENT

Inspired Vinyasa Flow:

Strength, Balance, and
Personal Power

February 15 – 17, 2019

Tuition \$300 plus two nights



DEBBIE
STEINGESSER

SELF-DISCOVERY

Switch On Your Life:

Unite the Science and
Wisdom Within You

February 15 – 17, 2019

Tuition \$310 plus two nights



NICK
JANKEL

SELF-DISCOVERY

**Neurosculpting to
Manage Stress, Anxiety,
and Depression**

February 22 – 24, 2019

Tuition \$325 plus two nights



LISA
WIMBERGER

SELF-DISCOVERY

Raising Resilience

February 22 – 24, 2019

Tuition \$340 plus two nights



LAUREN SNIDER
THOMPSON, MAPP

MOVEMENT

**Freedom from Pain Through
Foundation Training**

February 24 – March 1, 2019

Tuition \$495 plus five nights



BRIAN KING AND MIKE LANE





NUTRITION

Empower Your Primal Mind:

Maximizing Your Cognitive Function, Mental and Emotional Health into Old Age

March 1 – 3, 2019

Nothing has a greater impact on quality of life than brain health. Power your brain and empower your life by supporting neurological stability, neuroplasticity, and cognitive function.

Tuition \$340 plus two nights



NORA GEDGAUDAS, NTP, CNS, BCHN

is a board-certified nutritional consultant and clinical neurofeedback specialist with over 20 years of experience.

SELF-DISCOVERY

Unleash Your Full Potential

March 1 – 3, 2019

Join Dr. Phil Stutz, cocreator of The Tools® and psychotherapist with more than 32 years of experience, and life coach Jamie Rose to attract and embrace the Field—a powerful and benevolent force that will assist you in reaching your highest potential. Learn how they have helped thousands eliminate their inner enemies and live the fullest life possible.

Tuition \$360 plus two nights



PHIL STUTZ, MD



JAMIE ROSE

SELF-DISCOVERY

Finding Joy Through Grief:

Transform Your Life After Loss

March 1 – 3, 2019

Grief doesn't have to be overwhelming and isolating. Transform your relationship to life with a new understanding of death and a renewed connection to those who have crossed over.

Tuition \$385 plus two nights



MAUREEN HANCOCK



ROSIE DALTON

SELF-DISCOVERY

Mindfulness Meditation as Medicine:

Cultivate Healthy Living and Personal Well-Being

March 1 – 3, 2019

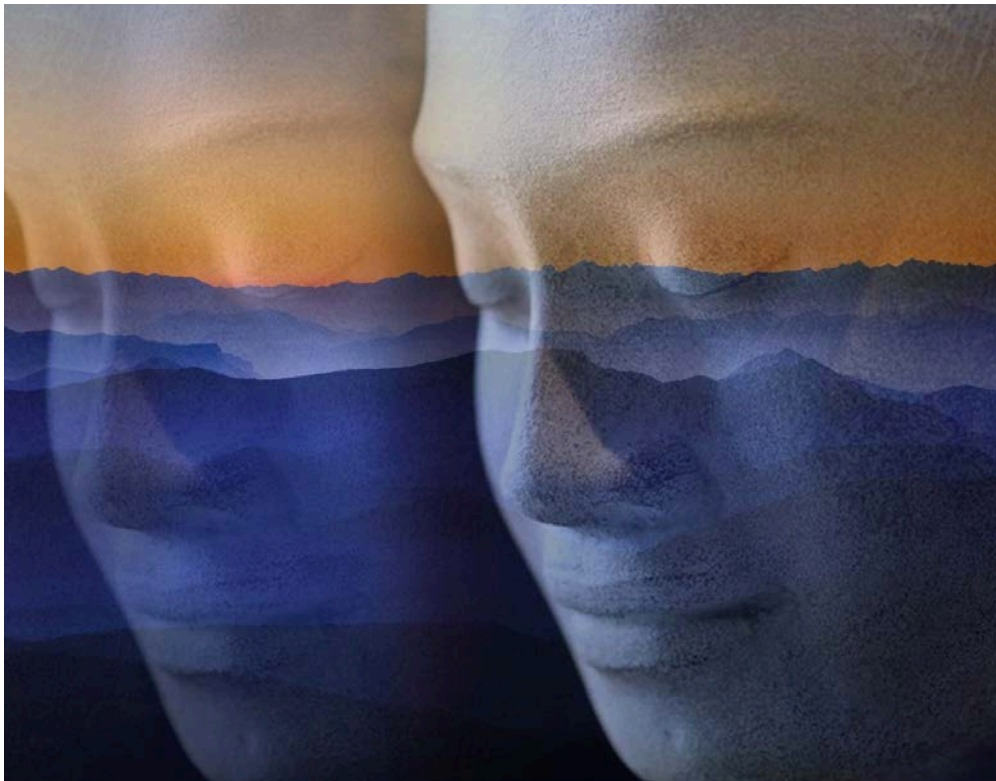
Experience deep renewal and develop your potential to live with clarity and ease. Mindfulness meditation is scientifically proven to reduce stress, decrease chronic pain, and create a greater sense of well-being. Embrace the unique opportunity to learn from senior teacher, Bob Stahl.

Tuition \$340 plus two nights



BOB STAHL, PHD

founded eight Mindfulness-Based Stress Reduction programs, and he teaches at Insight Santa Cruz and Spirit Rock.

**GABOR MATÉ, MD**

is an internationally renowned speaker sought after for his expertise on trauma, addiction, and the relationship of stress and illness.

**SAT DHARAM KAUR, ND**

teaches international programs integrating three passions: Kundalini Yoga, naturopathic medicine, and environmental sustainability.

**ADYASHANTI**

is a teacher and author whose teachings express the infinite possibilities and the ordinary simplicity of a spiritually realized life.

**LISSA RANKIN, MD**

is a physician, mystic, spiritual mentor, TEDx speaker, and *New York Times* best-selling author. She has starred in two PBS specials.

SELF-DISCOVERY

Compassionate Inquiry

March 3 – 8, 2019

As a special feature of this transformative program, Dr. Gabor Maté will lead conversations with spiritual teacher Adyashanti and master coach Lissa Rankin, MD, on separate evenings during the week.

The bliss of spiritual practices that soothe fear or self-judgment can become Spiritual Bypass: when your spiritual identity becomes a compensation for unconscious wounds, leaving them unresolved. Don't allow Spiritual Bypass to cause a split between your authentic internal experience and a facade you present to the world, leaving wounds unhealed.

In this workshop hosted by Maurizio Benazzo and Zaya Benazzo (SAND), join Dr. Gabor Maté and Sat Dharam Kaur for unique therapeutic work, Compassionate Inquiry, and enhanced yoga to explore the origins and triggers of pain and repressed emotion in a supportive setting to resolve them.

For full bio and program information visit 1440.org/Compassion

Tuition \$625 plus five nights

“It’s necessary for us to be open to trying new things or open to guidance or mentoring, but at the same time we also have to pay attention to our own unique unfolding. I try to help people find out what they can trust inside themselves, to find guidance inside themselves.”

Adyashanti



PROFESSIONAL DEVELOPMENT

Become an Intuitive Healer

March 8 – 10, 2019

There is an infinite amount of wisdom that we cannot access through logic alone. Dr. Orloff passionately believes that the future of medicine involves this wisdom to achieve and promote total wellness. This special training for healthcare professionals and other healers provides the foundational basics of energy healing and a deeper understanding of the importance of intuition.

Tuition \$340 plus two nights



JUDITH ORLOFF, MD

is a psychiatrist, intuitive healer, and *New York Times* best-selling author who synthesizes traditional medicine with intuition, energy, and spirituality.

MOVEMENT

Healing the Heart:

A Bhakti Yoga Immersion

March 8 – 10, 2019

Bhakti Yoga is the path of personal, loving relationship with the Divine, a relationship that includes all the flavors and moods of the human heart. Join grammy-nominated sacred-music recording artist Jai Uttal and yoga and dance teacher Nubia Teixeira (with Daniel Paul) for a weekend of devotional exploration in Bhakti Yoga. You will enter a heart-opening adventure through breath, movement, and sacred sound.

Tuition \$355 plus two nights



JAI UTTAL AND

NUBIA TEIXEIRA,
E-RYT 500

MOVEMENT

Yoga for Life:

Cultivating a Conscious Relationship

March 8 – 10, 2019

Are you living for yoga or using yoga to live better? Learn the difference and optimize your practice for physical, mental, and emotional self-discovery and personal transformation. Join Gary Kraftsow, founder of the American Viniyoga Institute, to learn individualized asana, pranayama, and meditation techniques designed to actualize your highest potential.

Tuition \$350 plus two nights



**GARY KRAFTSOW, MA,
E-RYT 500**

is a pioneer in the field of yoga therapy and a student of V.A. Devasenapathi and T.K.V. Desikachar.

MOVEMENT

Teaching Mindfulness and Yoga to Children

March 15 – 17, 2019

In this inspiring weekend workshop, based on a program used with tens of thousands of children in New York City schools, learn mindfulness, movement, and breath-based tools for kids. Come be a part of teaching the next generation true life skills to thrive.

Tuition \$350 plus two nights



**JENNIFER
COHEN HARPER,
MA, E-RYT, RCYT**



**MAYURI
GONZALEZ,
E-RYT, RCYT**

CREATIVE EXPRESSION

Joyful Awakening:

Meditation, Embodiment, Expression

March 15 – 17, 2019

Leave self-criticism and doubt behind. Embody authentic and spontaneous self-expression as an experience of freedom with master teacher and artist Nina Wise as you combine contemplative and self-expressive techniques designed to form a spiritual practice that will inspire insight, enhance self-confidence, and reclaim the enchantment of the day-to-day.

Tuition \$310 plus two nights



NINA WISE

is a performance artist, author, dharma teacher, and recipient of National Endowment for the Arts fellowships and Bay Area Theater Critics Awards.

SELF-DISCOVERY

Animal Magic and Earth Medicine:

An Experiential Journey to Unlock Your Inner Medicine and Magic

March 8 – 10, 2019

Drawing on the wisdom of Norwegian folklore and the Hopi tribe, embark on a mystical journey of the soul.

Tuition \$310 plus two nights



SONJA GRACE

is an internationally known author, mystic, and healer with strong ties to sacred, indigenous wisdom.

SELF-DISCOVERY

Create the Relationship of Your Dreams

March 15 – 17, 2019

Join the relationship-building experts and cofounders of the award-winning Challenge Day program, Yvonne St. John-Dutra and Rich Dutra-St. John for a rejuvenating couples retreat designed to deepen the love and trust you experience with your partner.

Tuition \$315 plus two nights



**RICH DUTRA-ST. JOHN,
MA, MFT AND
YVONNE ST. JOHN-
DUTRA**

SELF-DISCOVERY

Spontaneous Transformation Retreat:

Unwind Core Beliefs and Align with Your Soul's Innate Expression

March 15 – 17, 2019

Align your spirit with its natural state and anchor into self-love through guided meditations, cognitive exercises, and energy attunements.

Tuition \$345 plus two nights



JENNIFER MCLEAN

is an acclaimed healing practitioner, author, and wellness entrepreneur trained in multiple therapeutic modalities and as a personal development leader.



SELF-DISCOVERY

Stillness, Energy, and Insight:

An Immersion Experience in Mindfulness Meditation

March 15 – 17, 2019

The ancient invitation of the Buddha was to “come and see” for yourself the truth of the way things are. Weaving together traditional approaches to meditation, this weekend is an opportunity to take up the Buddha’s invitation to fearless self-inquiry.

Tuition \$325 plus two nights



WILL KABAT-ZINN

leads mindfulness and meditation retreats nationally and internationally. He spent over a decade in and out of silent retreat.

MOVEMENT

Body and Soul:

Vinyasa Bhakti Retreat

March 15 – 17, 2019

Come home to your still point this weekend to bolster your faith, embolden your love, and deepen your devotion. Janet Stone guides you through the expansive and soul-satisfying world of vinyasa. Release trauma, spark joy, cultivate community, and connect to the divine through asana, pranayama, meditation, and heart-opening mantras.

Tuition \$325 plus two nights



JANET STONE

aspires not to teach, but to allow the practice to emanate from within. With DJ Drez, her *Echoes of Devotion* was number-one on the iTunes charts.

SELF-DISCOVERY

Wilding Leadership:

Working from the Passion and Power of Eros

March 17 – 22, 2019

Erotic expression is the embodiment of true power—it doesn’t play small. It is fully present, fully engaged, and capable of creating radical and unfathomable change. Join transformative educator and embodied leadership guide Lara Catone for a 5-day workshop on embodying eros: resource your leadership with electric joy, passion, and creativity.

Tuition \$400 plus five nights



LARA CATONE

is a writer, leadership coach, educator, and researcher of eros with twenty years of experience.

MOVEMENT

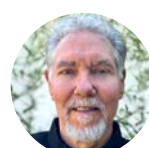
Integral Qigong Teacher Certification:

Level 1

March 22 – 29, 2019

Qigong is founded upon mindfulness of the Body-Breath-Mind. In this 7-day intensive training, become an IIQTC-certified Integral Qigong Teacher and be fully prepared to teach accessible, evidence-based Qigong methods.

Tuition \$1,325 plus seven nights



ROGER JAHNKE, OMD

has over 35 years of experience in clinical Chinese medicine. He is Director of the Institute of Integral Qigong and Tai Chi and author of *The Healer Within*.



“ I believe we are better off embracing aging’s positive aspects such as the fruition of talents and skills, the deepening of relationships, and a broader, wiser perspective on what matters.

Andrew Weil

NUTRITION

Optimal Health Within Reach:

Learn the Healthy-Aging Tools of Integrative Medicine

March 22 – 24, 2019

Take control of your health *before* you get sick—living long and well until the very end of life. Craft a lifestyle that helps you achieve optimal health. Not sure how? This weekend is for you. Under the care and guidance of world-renowned health experts, sort through the latest advances in modern science, nutrition, mind-body medicine, sleep, and healthy aging. **For full bio and program information visit 1440.org/Optimal**

See how adapting small but powerful changes in your daily practices can have a big impact on creating a healthier you now and for years to come. Read more on page 22, "Aging Gracefully: Insights from Dr. Andrew Weil."

Tuition \$545 plus two nights

ANDREW WEIL, MD

is a world-renowned leader and pioneer in the field of integrative medicine and a *New York Times* best-selling author of 15 books on well-being. He is founder and director of the University of Arizona Center for Integrative Medicine, where he is a clinical professor of medicine and professor of public health.



VICTORIA MAIZES, MD

is an internationally recognized leader in integrative medicine and the executive director of the University of Arizona Center for Integrative Medicine.



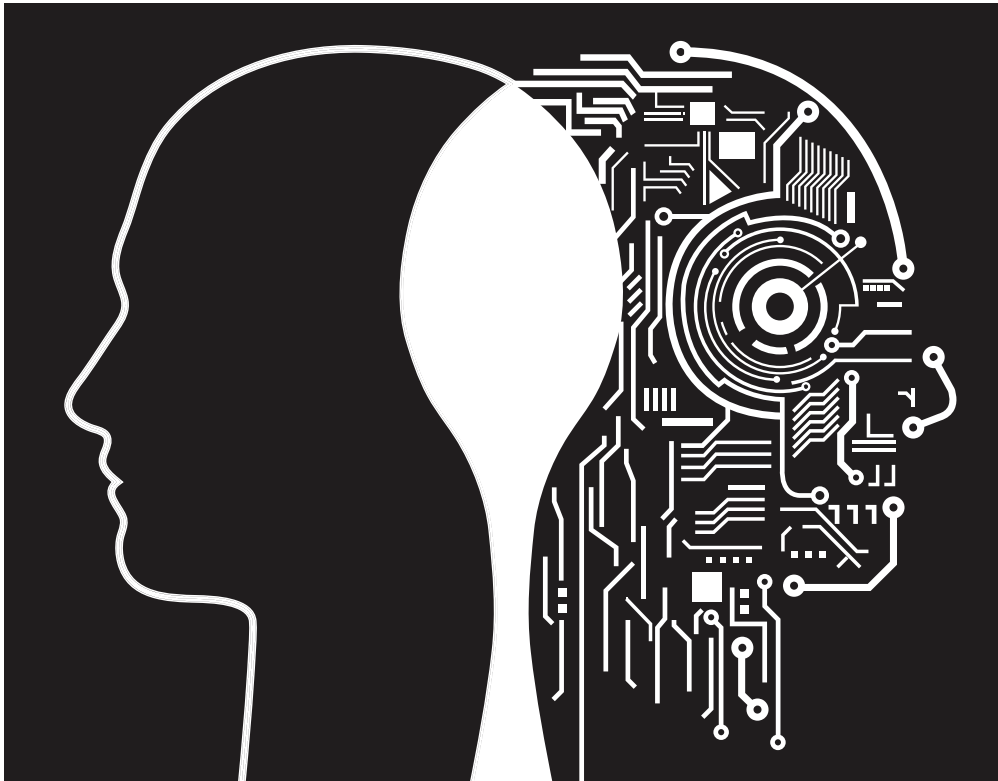
MYLES SPAR, MD, MPH

is founder and CEO of Tack180, an optimal health program, and directs the Integrative Medicine program at the Southern California Men’s Medical Group.



REBECCA KATZ, MS

is a nationally recognized expert on food in health and is executive chef for The Center for Mind-Body Medicine’s Food as Medicine training.



PROFESSIONAL DEVELOPMENT

Augmented Intelligence:

Steering the Future of AI

March 28 – 31, 2019

As groundbreaking AI applications emerge across fields such as healthcare, engineering, transport, gaming, manufacturing, and law, researchers, governments, and companies around the world see AI as an opportunity for investment and the key to unlocking the next chapter of human development. And yet, questions still abound.

Join Gaia Dempsey, Anthony Aguirre, and a panel of expert luminaries to examine hard, exciting, and strange questions about the entwined future of AI and humans.

A collaborative design practice grounded in research will guide us beyond the familiar tropes in the field, sparking new dialogue about the biggest issues surrounding advanced AI: international coordination, preserving individual agency in the context of human economic irrelevance, new mechanisms of preference aggregation, and new mechanisms of wealth distribution. **For more information and to apply visit 1440.org/AI. Application Required/Limited Space.**

Tuition plus three nights
\$550 until February 1 | \$610 until March 1 | \$670 until the event



STUART RUSSELL, PHD
is a renowned professor and the director for the Center for Human-Compatible AI, at the University of California, Berkeley.



DAVID HAUSSLER, PHD
is a Distinguished Professor of Biomolecular Engineering at the University of California, Santa Cruz, and a fellow of the American Association for AI.



SEAMUS BLACKLEY
is a physicist and one of the gaming industry's prime movers. He has run the research and development team for an augmented reality startup.



MICHAEL PAGE, JD
is policy and ethics advisor at OpenAI, focused on the social implications of the development of advanced artificial intelligence systems.



TIM FAIN
is a violinist, known for his performances in *Black Swan*. He collaborated with Google on a virtual reality music and film project.



GAIA DEMPSEY
is an entrepreneur and pioneer in the field of augmented reality. She is the founder and CEO of 7th Future.



ANTHONY AGUIRRE, PHD
is a theoretical cosmologist and Harvard-trained professor of physics at UC Santa Cruz, and founder of the Future of Life Institute.



TASHA MCCAULEY, MBA
is a technology entrepreneur and robotics expert who cofounded Fellow Robots, a robotics company.



WILLIAM DOLPHIN, PHD
is the chief executive officer at CueSquared, applying artificial intelligence to healthcare.

More March Programs

SELF-DISCOVERY

Getting the Love You Want:

A Workshop for Couples

March 1 – 3, 2019

Tuition \$390 plus two nights



MINDY MCHUGH AND
RALPH BUTCHER

MOVEMENT

Yoga and Your Pelvic Floor: A Women's Retreat:

Finding Your True Core

March 1 – 3, 2019

Tuition \$340 plus two nights



JANE
AUSTIN

CREATIVE EXPRESSION

The Zentangle® Method:

Beyond the Basics

March 1 – 3, 2019

Tuition \$420 plus two nights



MARTHA HUGGINS AND
MOLLY HOLLIBAUGH

SELF-DISCOVERY

An Awakened and Meaningful Life:

Integrating the Meditative,
Relational, and Emotional Aspects
of Mindfulness

March 3 – 8, 2019

Tuition \$420 plus five nights



DAVE SMITH AND GEORGE HAAS

SELF-DISCOVERY

Awakening Joy

March 8 – 10, 2019

Tuition \$300 plus two nights



JAMES BARAZ AND JANE BARAZ

FULL DESCRIPTIONS AND MORE
PROGRAMS AT 1440.ORG/PROGRAMS





More March Programs

SELF-DISCOVERY

Speak Your Truth:

How to Say What Matters
While Being Yourself

March 15 – 17, 2019

Tuition \$310 plus two nights



ALEJANDRA
SIROKA

MOVEMENT

Spring Equinox:

Nourish Yourself!

March 22 – 24, 2019

Tuition \$295 plus two nights



SARANA
MILLER

CREATIVE EXPRESSION

Writing the Mind Alive:

A Proprioceptive Writing
Immersion

March 17 – 22, 2019

Tuition \$425 plus five nights



LINDA TRICHTER METCALF
AND ANNE BRIGHT

NO. 13

Did You Know?

The granite field stones in and around the waterfall come from the Sierra Nevada, having drifted along with glaciers from the last Ice Age. Some of these boulders exhibit glacial scarring from the immense pressures of a glacier migration. The dark green fuzzy growth is moss, and the olive green-grey to near yellow and orange are lichens.

FULL DESCRIPTIONS AND MORE PROGRAMS AT 1440.ORG/PROGRAMS



MOVEMENT

Move Your DNA:

Alignment and Natural Movement, On and Off the Mat

April 5 – 7, 2019

Alignment is more than the orientation of bones and joints—it's bigger than your body parts. Join Katy Bowman for mat work and outdoor movement, including barefoot on-earth exercise. For mat-based professionals and exercisers, this program will help you incorporate more diverse and natural movement into your classes and life.

Tuition \$375 plus two nights



KATY BOWMAN

is a renowned biomechanist, teacher, author, and host of the award-winning eponymous podcast *Katy Says*.

SELF-DISCOVERY

Deep Dive into Conscious Parenting

April 5 – 7, 2019

Shefali Tsabary

Oprah's favorite parenting expert and best-selling author of *The Conscious Parent* approach to raising families, Dr. Shefali will take us into the fundamentals of her philosophies, outlining each concept in-depth with practical examples and solutions. Participants will leave with a profound understanding of her concepts and how to apply them in their relationships with their children.

For full bio and program information visit 1440.org/Parenting

Tuition \$475 plus two nights



SHEFALI TSABARY, PHD

is an international speaker and creator of the revolutionary, Oprah-endorsed Conscious Parenting approach. She received her doctorate in clinical psychology from Columbia University, and has been trained in psychodynamic and cognitive-behavioral approaches. She has been practicing a blend of clinical psychology and Eastern mindfulness for over a decade.

SELF-DISCOVERY

Six-Step Inner Bonding®:

Access Your Inner Peace, Joy, and Courage

April 5 – 7, 2019

Many of us struggle with anxiety, depression, guilt, unworthiness, relationship failure, and addiction. Join Margaret Paul for an engaged, experiential workshop on a uniquely life-changing six-step psychological, emotional, and spiritual process.

Tuition \$325 plus two nights



MARGARET PAUL, PHD

is a writer and cocreator of Inner Bonding, with a doctorate in psychology. She has been featured on the *Oprah Winfrey Show* and other programs.

MOVEMENT

Embodied Wisdom:

Yoga and Insight Meditation for Self-Care, Strength, and Love

April 5 – 7, 2019

Join wellness coach and yoga expert James Higgins for an explorative experiential weekend of slowed-down, soulful, and deeply engaging yoga and meditation practices designed to reach to the very core of your physical, mental, emotional, and spiritual centers. Together, gain ease and empowerment in the body, mind, heart, and soul.

Tuition \$350 plus two nights



JAMES HIGGINS

is a globally renowned yoga instructor from the San Francisco Bay Area who has taught for more than two decades.

MOVEMENT

Adaptive Yoga

April 12 – 14, 2019

Instead of forcing the body to meet the demands of a pose, how do you tailor a pose to meet the demands of the body? In this in-depth workshop, doctors Ingrid Yang and Kyle Fahey—specialists in rehabilitation and physical therapy—show how to teach yoga to students living with functional impairments.

Tuition \$395 plus two nights



KYLE FAHEY,
PT, DPT



INGRID YANG, MD,
JD, E-RYT 500, C-IAYT



SELF-DISCOVERY

Real Love:

Know Yourself

April 12 – 14, 2019

Sharon Salzberg

To love ourselves, we must know ourselves. To love one another, we must know one another. But our assumptions, fears, expectations, and personal sense of unworthiness are a hindrance. Join Sharon Salzberg for a gentle but thorough method to know yourself and connect with others. Whether you are a new or experienced meditator, you will thrive with core mindfulness and lovingkindness techniques. **For full bio and program information visit 1440.org/Lovingkindness**

Tuition \$360 plus two nights



SHARON SALZBERG

is a foremost Buddhist meditation teacher and author, and has been leading meditation retreats for over three decades. Cofounder of the Insight Meditation Society in Barre, Massachusetts, she has been teaching Vipassana meditation since the early 1970s and is author of *Lovingkindness: The Revolutionary Art of Happiness* and other books.

CREATIVE EXPRESSION

Writing as a Path to Awakening

April 12 – 14, 2019

Writing focuses our attention unlike almost any other activity. When we aim our attention toward the realms of all that is possible, our lives become a living expression of those possibilities. Join author and teacher Albert Flynn DeSilver for a weekend writing workshop exploring the connection between creativity and consciousness. Gain writing prompts, techniques, and practices to hone your craft and free yourself of writing blocks.

Tuition \$330 plus two nights



ALBERT FLYNN DESILVER

is an internationally published poet, memoirist, workshop leader, and speaker. His latest book is *Writing as a Path to Awakening*.

SELF-DISCOVERY

Getting the Sex You Want:

A Deep Dive into the Spirit of Intimacy

April 12 – 14, 2019

Learn how to live in a deeper, more connected place in this vitalizing workshop led by Dr. Tammy Nelson. Tammy draws on years of clinical work and research on eroticism and sexuality to create an empowering weekend where you will discover how to bring spiritual, emotional, and erotic growth into your sex life.

Tuition \$320 plus two nights



TAMMY NELSON, PHD

is a sex and relationship expert, international speaker, author, and licensed psychotherapist with almost 30 years of experience.

SELF-DISCOVERY

Unleash Your Calling:

Create the Work and Life You Love

April 26 – 28, 2019

Do you sense another life calling you? Do you crave meaningful work, or ache to express your creativity—and pay your bills? Your wildest dreams are not frivolous. You have a calling, an expression of infinite talent, stamina, and love. In uncertain economic times, true passion is your greatest security. Join success coach Tama Kieves and flourish in the work you're meant to do.

Tuition \$315 plus two nights



TAMA KIEVES

is a best-selling author and an honors graduate of Harvard Law School, who left her law practice to write and help others soar in their life's work.

MOVEMENT

Strength and Surrender:

A Vinyasa Retreat

April 12 – 14, 2019

What happens when the skills of the heart and the mind are brought into balance? In this weekend with Rolf Gates, one of the West's leading voices on contemporary yoga, explore the relationship between mindfulness and compassion through powerful vinyasa yoga.

Tuition \$350 plus two nights



ROLF GATES

is a master teacher of yoga and meditation. He is the author of *Meditations from the Mat*, and has been featured in *Yoga Journal*, *People* magazine, and more.

SELF-DISCOVERY

The Bridge to Happiness:

The Power of Contemplative Practice

April 14 – 19, 2019

Stop striving and searching—discover a contemplative practice to ignite joy and align every aspect of your life with your deepest realization. Come wake up to your true nature and watch your life transform.

Tuition \$395 plus five nights



CAVERLY MORGAN

is a meditation teacher, nonprofit leader, and visionary. The founder of Peace in Schools, she created the nation's first for-credit mindfulness class in high schools.

SELF-DISCOVERY

Open Heart, Open Perceptions:

Toltec Wisdom for Presence, Compassion, and Play

April 26 – 28, 2019

Set a visionary new course. Let go of attachments, stories, or suffering. Leave empowered and nourished with acceptance of yourself, others, and life.

Tuition \$325 plus two nights



HEATHERASH AMARA



SARAH MARSHANK



More April Programs

SELF-DISCOVERY

Journey into the Heart of Mindfulness:

Tools for Rewiring the Brain
April 5 – 7, 2019

Tuition \$315 plus two nights



DONALD
ALTMAN

PROFESSIONAL DEVELOPMENT

Mindfulness and the Science of Habit Change

April 12 – 14, 2019

Tuition \$295 plus two nights



JUDSON BREWER AND
ROBIN BOUDETTE

SELF-DISCOVERY

Live Your Abundant Life Now:

Finding Prosperity Through the
Ancient Wisdom of Yoga
April 19 – 21, 2019

Tuition \$320 plus two nights



YOGACHARYA ELLEN
GRACE O'BRIAN

CREATIVE EXPRESSION

Awakening Sacred Power Through Sound:

Sound Healing Skills to Trance-
Form the World

April 25 – 28, 2019

Tuition \$420 plus three nights



SILVIA NAKKACH AND THOMAS
SHIVANANDA AMELIO

SELF-DISCOVERY

Secrets of Great Relationships

April 26 – 28, 2019

Tuition \$310 plus two nights



LINDA BLOOM AND
CHARLIE BLOOM

FULL DESCRIPTIONS AND MORE
PROGRAMS AT 1440.ORG/PROGRAMS



JACK KORNFIELD, PHD

is one of the key teachers to introduce Buddhist mindfulness practices to the West, teaching worldwide since 1974.



RICHARD DAVIDSON, PHD

popularized the idea that, based on brain-plasticity research, a person can learn skills for happiness and compassion.



DACHER KELTNER, PHD

is founding director of the Greater Good Science Center and professor of psychology at the University of California, Berkeley.



EMILIANA SIMON-THOMAS, PHD

is science director of the Greater Good Science Center and a leading expert on the neuroscience and psychology of compassion.



BARBARA FREDRICKSON, PHD

is an author and leading scholar in social psychology, positive psychology, and affective science (the study of emotion).



LAMA TSOMO, MA

is a Tibetan Buddhist teacher and award-winning author. She is a founding board member of the Ewam Buddhist Center.



EVE EKMAN, MSW, PHD

is the director of training at the Greater Good Science Center and a social scientist in the field of emotional awareness.



JASON MARSH

is a journalist and the Greater Good Science Center's director of programs.

SELF-DISCOVERY

The Science of Happiness:

A Greater Good Gathering in Partnership
with 1440 Multiversity

May 2 – 5, 2019

What does it mean to live a happy, meaningful life? Thousands of people worldwide have explored this and other big questions in *The Science of Happiness*, a course and podcast—both produced by UC Berkeley's Greater Good Science Center (GGSC)—that have become a global phenomenon.

This 3-day gathering brings together individuals hungry for scientific insights, inspiring stories, and practical tips for well-being. Together, we'll hear from some of the leading lights in the science of happiness, including *The Science of Happiness* course co-instructors (and podcast host) Dacher Keltner, PhD, and Emiliana Simon-Thomas, PhD, along with best-selling author and world-renowned teacher Jack Kornfield, PhD, positive psychology pioneer Barbara Fredrickson, PhD, trailblazing neuroscientist Richie Davidson, PhD, and many others. A memorable mix of experts and teachers will offer powerful talks, interactive workshops, and illuminating conversations—all designed to help you use scientific findings for personal and social transformation. **For full bio and program information visit 1440.org/Happiness**

Tuition \$595 plus three nights

PROFESSIONAL DEVELOPMENT

Embodying Compassionate Leadership

May 5 – 10, 2019

Society would clearly benefit from more compassionate leaders. We are all invited to inspire global change while cultivating inner awareness. Join mindfulness expert Deborah Eden Tull for a 5-day program that will activate your power as a leader for life and work—both personally and professionally.

Tuition \$380 plus five nights



DEBORAH EDEN TULL

is the founder of Mindful Living Revolution and a meditation teacher, speaker, and activist. She spent seven years at a silent Zen monastery training as a monk.

SELF-DISCOVERY

Manifesting the Matriarchy:

A Mother's Day Retreat for Healing with Mama Moon

May 9 – 12, 2019

Living a more "lunar" life means tending to our own emotional needs, so we can show up as our most compassionate, joyful, connected, intuitive, and fearless selves. Join Moon Club cofounders Ruby Warrington and Alexandra Roxo for a weekend of feminine empowerment, self-love, and healing.

Tuition \$370 plus three nights



RUBY WARRINGTON



ALEXANDRA ROXO

SELF-DISCOVERY

The Agreement of Love

A Toltec Journey of Self-Transformation

May 17 – 19, 2019

In the best-selling book *The Four Agreements*, don Miguel Ruiz gives us principles to transform our lives into an expression of unconditional love. This weekend, Ruiz's sons show you how to unlock the power of these deceptively simple agreements and begin living the life you really want.

Tuition \$425 plus two nights



DON JOSE RUIZ



DON MIGUEL RUIZ JR.

NO. 87
Did You Know?

The labyrinth has a border made of granite and Scottish moss modeled after a street in the ninth arrondissement of Paris.

SELF-DISCOVERY

Withdrawal of the Senses:

Journey to Your Inner Sanctuary

May 10 – 12, 2019

Meditation and yoga help us connect with our inner landscape. Join world-renowned yoga and meditation teacher Rosie Acosta to explore the ultimate practice in self-nurturing and self-care: withdrawal of the senses to rest from our stressful lives.

Tuition \$315 plus two nights



ROSIE ACOSTA, E-RYT 500

is an inspirational speaker, world-renowned yoga and meditation teacher, holistic health coach, and host of the top-rated iTunes podcast, *Radically Loved*.

SELF-DISCOVERY

Yoga for Writers Weekend Immersion:

Yogic Practice Meets Feral Artistic Authenticity

May 17 – 19, 2019

Explore how a dedicated yoga practice can free your body's most constricted energies, release your ego's death grip on entrenched patterns and fixations, and powerfully liberate your creative voice.

Tuition \$325 plus two nights



MARK MORFORD

has been teaching devotional vinyasa yoga around the world since 1999. He is also an author and award-winning columnist and culture critic.

SELF-DISCOVERY

The Premonition Code:

Intentional Precognition for Practical Use

May 17 – 19, 2019

Most of us have had intuitions, premonitions, or gut feelings we wish we'd heeded. These insights help us prepare for—or avoid—a particular reality. Julia Mossbridge describes how controlled precognition is a technical skill you can cultivate to receive information about future events.

Tuition \$295 plus two nights



JULIA MOSSBRIDGE, PHD

is a futurist trained in cognitive neuroscience, a visiting scholar at Northwestern University, and an associated professor at California Institute of Integral Studies.

MOVEMENT

Empowerment Through Posture:

Restoring Natural Poise and Confidence

May 17 – 19, 2019

Join “posture guru” Esther Gokhale to explore the link between physical well-being and emotional empowerment. Learn to improve your posture for a natural, healthy, and confident body and mind.

Tuition \$340 plus two nights



ESTHER GOKHALE, LAC

is a renowned expert on posture and back pain. Her award-winning book, *8 Steps to a Pain-Free Back*, has sold over 150,000 copies.



PROFESSIONAL DEVELOPMENT

The Healer's Mind:

Cultivating Resilience and Well-Being for Physicians

May 17 – 19, 2019

Dan Siegel and Ron Epstein

Taught by renowned doctors Dan Siegel and Ron Epstein, pioneers in mindfulness in medicine, this 2-day experiential workshop will investigate the inner lives of clinicians—teaching you how to bring awareness and sensibility to your work, flourish in turbulent times, and change the environments in which your patients seek healing and understanding.

For full bio and program information visit 1440.org/Healers

Tuition \$465 plus two nights



DAN SIEGEL, MD

is an acclaimed author, award-winning educator, and renowned child psychiatrist.



RON EPSTEIN, MD

is a renowned physician and acclaimed researcher, with more than 250 publications.

SELF-DISCOVERY

Frientimacy:

A Retreat for Women

May 17 – 19, 2019

Whether you're in the midst of change, feeling stuck in a rut, or simply curious about what's next for the new year, get ready to move courageously toward your future. Shasta Nelson, women's relationship expert, facilitates this popular annual weekend in a safe and encouraging way to help each woman tap into her greatest intuition.

Tuition \$300 plus two nights



SHASTA NELSON

is the author of *Frientimacy* and has been featured in the *New York Times*, *Good Housekeeping*, *Health*, and *Forbes*.



SELF-DISCOVERY

Joy Seeker:

Live the Life You Were Made For

May 24 – 26, 2019

Most people only function at a fraction of their full capacity and realize only a small part of what is truly promised. Release any resistance, self-sabotage, and outside pressure that no longer serves you with renowned empowerment coach and best-selling author Shannon Kaiser.

Tuition \$345 plus two nights



SHANNON KAISER

is an international life coach, retreat leader, and best-selling author. She was named one of the 100 Women to Watch in Wellness by MindBodyGreen.

SELF-DISCOVERY

Radiant Intimacy:

A Modern-Day Crucible for Healing, Awakening, and Celebrating Life

May 24 – 27, 2019

We all long for love. We long to be intimately connected to others and ourselves. Some seek a partnership or marriage; others find alternative styles of intimacy more fulfilling. Love and sexuality is often complex and confusing. Join Zaya and Maurizio Benazzo (SAND) and leading scientists, authors, and artists—including Helen Fisher, Terry Real, Diane Heller, Michaela Boehm, Steve James, Celeste Hirschman, and Dimitry Yakoushkin—for a rich experiential weekend on the concept of radiant intimacy and how to express and integrate it within a spiritual path.

Expand your understanding of love and relationships, and explore how sexual energy can open you to the experience of your true nature, to help you create deeply fulfilling relationships with life and yourself. **For more information visit 1440.org/Intimacy**

Tuition \$525 plus three nights



HELEN FISHER, PHD



TERRY REAL



DIANE HELLER, PHD

More May Programs

CREATIVE EXPRESSION

The Magic of Custom Sandal Making:

A Leather Sandal Making Workshop

May 10 – 12, 2019

Tuition \$375 plus two nights



STACE
FULWILER

NUTRITION

Delicious Plant-Based Cooking:

Mother's Day Retreat

May 10 – 12, 2019

Tuition \$395 plus two nights



SUSAN POWERS AND KAIA YUE

SELF-DISCOVERY

PureBioenergy®:

Level 1 Training

May 12 – 17, 2019

Tuition \$680 plus five nights



ZORAN
HOCHSTÄTTER

PROFESSIONAL DEVELOPMENT

The Art of Teaching for Transformation:

A Positive Psychology Approach

May 12 – 17, 2019

Tuition \$415 plus five nights



MARIA SIROIS AND MARTHA WILLIAMS

SELF-DISCOVERY

Meditating with the Body®

May 19 – 24, 2019

Tuition \$675 plus five nights



CAROLINE PFOHL AND
MANUELA MISCHKE-REEDS

SELF-DISCOVERY

Rewiring for Joy

May 26 – 31, 2019

Tuition \$395 plus five nights



AMMA
THANASANTI

SELF-DISCOVERY

The In-Body Power of Intuition:

Four Paths to Wholeness

May 31 – June 2, 2019

Tuition \$295 plus two nights



WENDY
DE ROSA

SELF-DISCOVERY

The Wild Woman's Way

May 31 – June 2, 2019

Tuition \$315 plus two nights



MICHAELA
BOEHM

NO. 44

Did You Know?

We have imported 1,600 tons of stone from Montana, California, and India for the entire campus. That's three million two hundred thousand pounds.

FULL DESCRIPTIONS AND MORE PROGRAMS AT 1440.ORG/PROGRAMS





Love Medicine:

Talking Relationships and Health



with Dr. Rachel Carlton Abrams

Rachel Carlton Abrams, MD, is a family practice physician and author who is board certified in integrative medicine. Founder of the award-winning Santa Cruz Integrative Medicine clinic, she has been voted “Best Doctor” in Santa Cruz County from 2009 – 2018.

1440: **Your specialty is integrative medicine. How do you define that?**

Dr. Rachel: The point of integrative medicine is really to make medicine whole again. In its early days, medicine included things like diet and exercise and even spirituality to some extent, but as Western medicine and science developed over the last couple of centuries, medicine became what I consider an orphan profession—all about science and somewhat divorced from the elements that make it whole.

If you look at traditional Chinese medicine or you look at Ayurvedic medicine, there is a medical tradition, an herbal tradition, an exercise tradition, a spiritual tradition, and a sexual tradition, all in one.

Western medicine has the biologic, medication, and treatment aspect, but it's missing spirituality, relationship, sexuality, exercise, diet, and lifestyle.

That division is part of the reason we are failing, medically, in this country. According to the CDC, life expectancy in the United States has *decreased* for the past two years—for the first time in our history—and that is because of chronic illness, meaning diabetes, high blood pressure, cancer, and a variety of illnesses that are becoming more and more common because of lifestyle. Lifestyle-born illness is not fixable with medicine or surgery. It demands a more holistic way of looking at our health. Integrative medicine tries to meet that need.

1440: You write and speak quite a bit about the crucial role healthy relationships play in our health and well-being. Is this something you address with patients in your medical practice?

Dr. Rachel: There is no patient I see in my office that I don't ask about relationships. If you look at the medical and health impact of relationships—the impact of community, the impact of love, the impact of having a close person in your life—these elements are far more powerful than any other health behavior. More powerful than any drug you can take. More powerful than whether you smoke cigarettes. More powerful than what you eat, which is really saying something, because what you eat is actually a very powerful determinant of health.

Relationships are more important than anything else, in terms of how they affect your morbidity and mortality—which are big, fancy medical words for how often you get sick and when you die.

So yes, I talk about relationships with all my patients, because if I have someone with cancer but there is a dysfunctional alcoholic in that house, I'm not going to be able to keep them well without addressing how we're going to set boundaries and create a safe environment for my patient.

Or if I have a woman with chronic pain who's being domestically abused, I can't get her out of pain unless she becomes physically safe. Or if I have an older person who's losing weight and wasting away and suffering from stomach pain, I can't help him if I don't deal with the fact that he's isolated and doesn't have love and friendship in his life. In all three situations, the relationship is actually the key ingredient to well-being.

I often say that what I'm looking for with each patient is: *What's the key in the lock for this particular person to make the changes they need?* Because often, extensive behavioral changes are necessary in order to improve. People know that. People are very smart. They know how they're supposed to eat, and they know they're supposed to get enough sleep. But the question really is why is this person, right now, choosing not to do those things? I can't help them with their issue unless I also look at and consider the impact of the web of love, relationship, and conflict in their life.

1440: Let's talk about the health impact of being in a difficult relationship. What are some of the ways this shows up in your office?

Dr. Rachel: I have seen all sorts of examples of relationship difficulty showing up in physical symptoms—beyond just complaints of abdominal pain or headaches.

I have seen patients with rashes that crop up when they're in a bad relationship, and as soon as they leave the bad relationship, the rash goes away. I have seen women with recurrent, documented urinary tract and vaginal infections that appear when they're sexually active with someone who is either emotionally or physically abusive, and as soon as they leave that relationship, they no longer get the infections.

The body can be a direct correlate to manifesting the negative effects of bad relationships. I spend a lot of time talking to patients about dysfunctional relationships, because there are so many, and some of them we have choice about, but some of them we don't—because they're our parents or our children.

That's not to say that because dysfunctional relationships have an impact, that all conflict is bad. I don't believe that.

Research shows that the amount of conflict in a relationship does not predict whether the relationship will last or not. There are plenty of good relationships that are high-conflict, and there are plenty of good relationships that are low-conflict. The issue has less to do with conflict and more to do with how the conflict happens. You can have disagreement in a way that's respectful, and you can have disagreement in a way that is demeaning, insulting, and damaging. The first type of conflict is not damaging. But the second type is very damaging.

1440: What about lack of relationship? How does loneliness show up in the medical picture?

Dr. Rachel: A study of the Social Network Index shows that people with higher levels of community in their life—and by community, I mean connection to a variety of groups, like their church or their temple or their synagogue, but also their bowling league or maybe their work colleagues or a Girl Scout troop they lead—were four times less likely to become ill from a cold virus than those who had a low number of social networks.

So even in response to the most simple *Am I going to get sick?*, we know that having community and relationships in your life is very protective. Another study of older men showed that subjects with the highest stress levels had *triple* the risk of dying in the next seven years, but that risk was *erased* if they had a dependable web of intimacy in their lives. Having a broad and active social network protects us from stress, improves our immune response, and reduces all types of illness.

This interview was conducted by Kate Green Tripp, Managing Editor for 1440 Multiversity.



WEEKEND PROGRAM

Becoming Bodywise

February 1 – 3, 2019

Tuition \$325 plus two nights

WEEKEND PROGRAM

Becoming Bodywise

March 8 – 10, 2019

Tuition \$325 plus two nights

EVENING PROGRAM

Touching the Dark:

Finding Joy and Health
in the Winter Season

January 10, 2019

Tickets \$20

EVENING PROGRAM

Eight Dates:

Essential Conversations
for Love

January 6, 2019

Tickets \$65

FOR MORE INFORMATION VISIT 1440.ORG/ABRAMS

Locals welcome. Overnight accommodation not required.

TRUE NORTH

LEADERSHIP

OCTOBER 13 – 18, 2019



Can't make it to one of our programs? Book a meeting space or cocreate a customized leadership retreat for your team. Visit 1440.org/Groups



Develop a deeper self-awareness and discover the key elements to authentic leadership through powerful conversation, peer circles, contemplative practices, and time spent under the redwoods.

In this program you will learn how to:

- Lead with integrity through difficult and pressure-filled challenges
- Understand the impact of your life story on your leadership style
- Recognize and address your blind spots as a leader
- Develop more self-awareness, emotional intelligence, and global intelligence
- Learn from feedback and daily challenges you encounter
- Adapt your leadership style to different scenarios while remaining true to your values
- Develop greater confidence in your leadership capabilities
- Be an empowering leader who fosters effective teamwork and communication
- Find a work/home balance to lead your fullest, most integrated life.



Break out of your daily routine for five days, reframe your perspective, and have conversations with yourself and others that really matter.

FOR MORE INFORMATION AND TO APPLY PLEASE VISIT, [1440.ORG/LEADERSHIP](https://1440.org/leadership)

True North Leadership Faculty



SCOTT KRIENS

Cofounder of 1440 Multiversity and former CEO of Juniper Networks



BILL GEORGE

Senior fellow at Harvard Business School, former chairman and CEO of Medtronic, and best-selling author of *Discover Your True North*



**BRIGADIER GENERAL (RET.)
DANA H. BORN, PHD**

Co-director of the Center for Public Leadership at Harvard University Kennedy School of Government



GAYLE OBER, MNM

President of the George Family Foundation, former graduate-level instructor in the University of Minnesota's College of Continuing & Professional Studies

“ It furthered my understanding of what it means to be authentic. Better yet, I had the ability to do it in my Leadership Circle. I was able to practice it! ”

True North Leadership Program Attendee



Lessons from the Field:

The Science of Happiness

By Emiliana R. Simon-Thomas, PhD

Emiliana is the science director of the Greater Good Science Center, where she oversees the GGSC's fellowship program, is a co-instructor of its Science of Happiness course, and helps run its Expanding Gratitude project. She is a leading expert on the neuroscience and psychology of compassion, kindness, and gratitude.

Along with Jack Kornfield, Richard Davidson, Barbara Fredrickson, Lama Tsomo, Eve Ekman, Dacher Keltner, and Jason Marsh, Emiliana will be teaching The Science of Happiness at 1440 Multiversity from May 2 – 5, 2019.

See page 59 for full conference description.

Everyone wants to know how to use scientific research to guide their inalienably endowed right to pursue happiness: their own, and that of the communities they live and work in. While neither the field as a whole nor our work at Greater Good Science Center can provide all the answers, I've drawn upon feedback from students, discussion boards, Q&As during my talks, and more to distill the three realizations about happiness that tend to be the most moving, motivating, and surprising to people.

1. Most of us get happiness wrong

Happiness is not a new idea, nor does the average person struggle with explaining what it means. Even in the research, a standard measure of happiness presumes that people have an intuitive sense of it and can accurately and reliably place themselves on a scale from "Not a very happy person" to "A very happy person." Knowing what happiness is, however, does not make the average person good at pursuing it.

The first mistake that people make is equating happiness, the overarching quality of life, with the temporary enjoyment we feel in response to something pleasurable. Why is this a problem? Well, if happiness is equivalent to momentary enjoyment, then the logical conclusion is that happiness will emerge from stringing together a perpetual sequence of enjoyable moments.

As one of my long-ago college classmates counseled a friend, "All that matters in life is sex and money." Wrong. Happiness will not arise from striving to accumulate increasingly pleasurable and luxurious things, or striving to constantly feel and convey bubbly cheer and enthusiasm (to "be positive").

University of North Carolina professor Barbara Fredrickson's research does suggest that positive emotional experiences contribute importantly to overall happiness. But people who put all their effort and resources into maximizing pleasure often do so at the expense of socializing or helping others, and end up less happy. Similarly, trying to feel good all the time, according to work by Professors Iris Mauss and June Gruber, actually gets in the way of happiness.

When it comes to feelings and happiness, the trick, it seems, is: to readily experience pleasure at the right times—e.g., to laugh when the joke is funny, savor the delicious food, bask in the warmth of affection, and capitalize on those feelings so they last; to acknowledge and express feelings that arise under more difficult circumstances, like anger, sadness, and fear, as they signal important information about what to do next; and then to practice resilience so we can recover from these states gracefully and learn from them.

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2. Mindfulness is key

Over the past 30 years, we've seen rapidly expanding scientific inquiry into mindfulness, defined both as a deliberate exercise (meditation) or a more general manner that involves attending to the present moment with kindness, gentleness, and compassion. Basically, wherever researchers look, mindfulness (if not taken to extremes or applied to extreme circumstances) is beneficial.

From a happiness standpoint, mindfulness can be considered both a launching pad and a catalyst. As a launching pad, mindfulness offers people a technique for noticing their existing habits of thinking and feeling, and exploring whether any of their beliefs, biases, or habits might be getting in the way of happiness.

For example, do you reflexively, though perhaps inexplicably, hate apologizing? Given evidence that apologies reduce chronic stress and increase happiness and productivity in apologizers and recipients, could mindfulness enable you to explore that aversion, and perhaps tinker with it?

Some of the most compelling evidence that suggests mindfulness might be a catalyst to happiness comes from the Track Your Happiness iPhone app, which pings thousands of people all over the world to share their activities and feelings throughout the day.

As app founder and scientist Matt Killingsworth reported in *Science*, findings suggest that people enjoy what they are doing more if they are focused on what they are doing, right when they are doing it. From waiting in line to watching movies, if we're paying attention to this instead of thinking about something else, we tend to be enjoying it more. In a similar vein, other studies report that mindfulness increases enjoyment of chocolate and sex.





3. Cultivating happiness takes work

Like learning to play the ukulele, boosting our overall happiness level is not something we can do in one sitting. Throughout the Science of Happiness course, we emphasize the recurring finding that, all things considered, the most promising way to ratchet up happiness is to invest in social relationships—strengthen our connections, hone habits of kindness, and do work that contributes to something greater than ourselves.

Regrettably, particularly in the United States, social norms don't favor these objectives. Human capacities that drive caretaking, goodwill, and serving the greater good are less valued and thus have less and less influence on our day-to-day experiences. Instead, the environments that we spend most of our time in, like schools and workplaces, focus more on independence, self-determination, and peer competition. Cultural norms like these hone our expertise in self-focus. We get really good at maximizing self-interest and being suspicious of anything that threatens our wealth or reputation.

Feeling grateful fosters a more accurate understanding of happiness, strengthening our social connections and motivating us to engage and give back to others.

Like physical therapy after an injury, it takes commitment to strengthen and reclaim the function of our core “pro-social” demeanor—to learn skills around trust, reconciliation, and teamwork. To do this, most of us need to unravel some of our existing habits and be vulnerable. Holding grudges, for example, can feel righteous and core to who we are and where we stand.

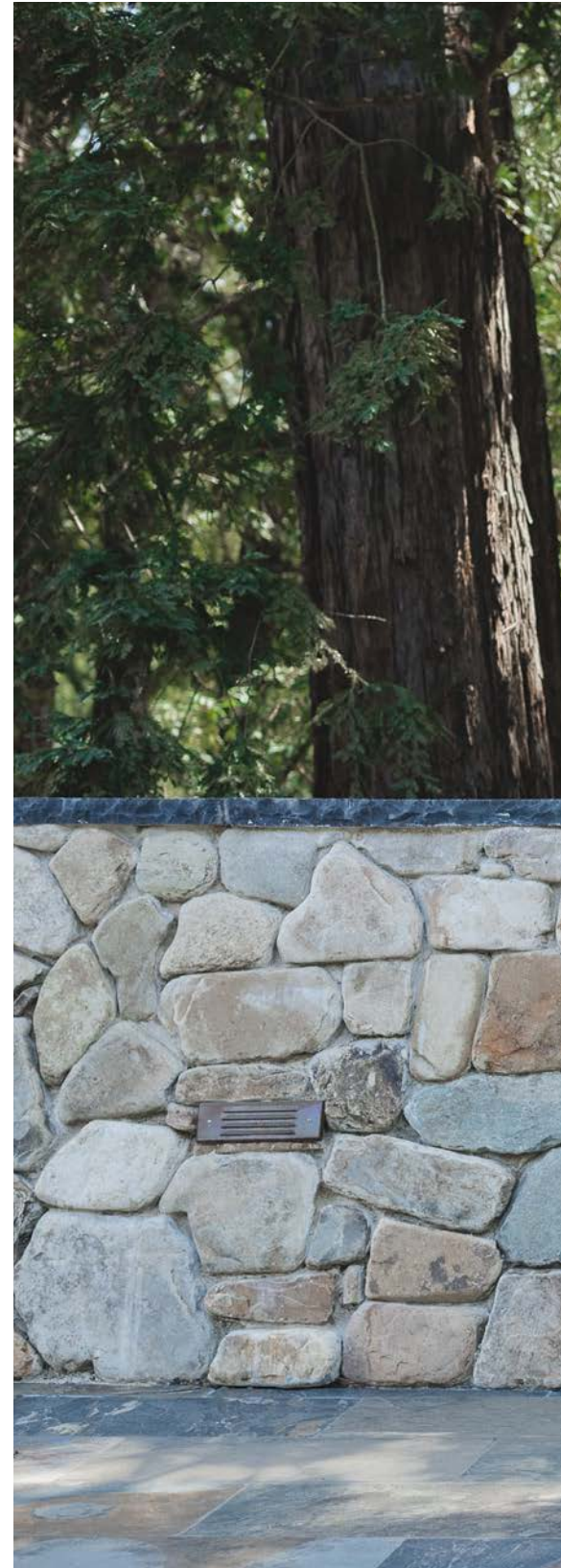
Forgiveness, on the other hand, lowers blood pressure, improves cardiovascular health, and fuels social ease and connection. But it's hard to let go. Like stripping out the crumbling foundation of a building and rebuilding it to last, the pursuit of happiness is a deliberate and sometimes-fragile process that requires continued effort.

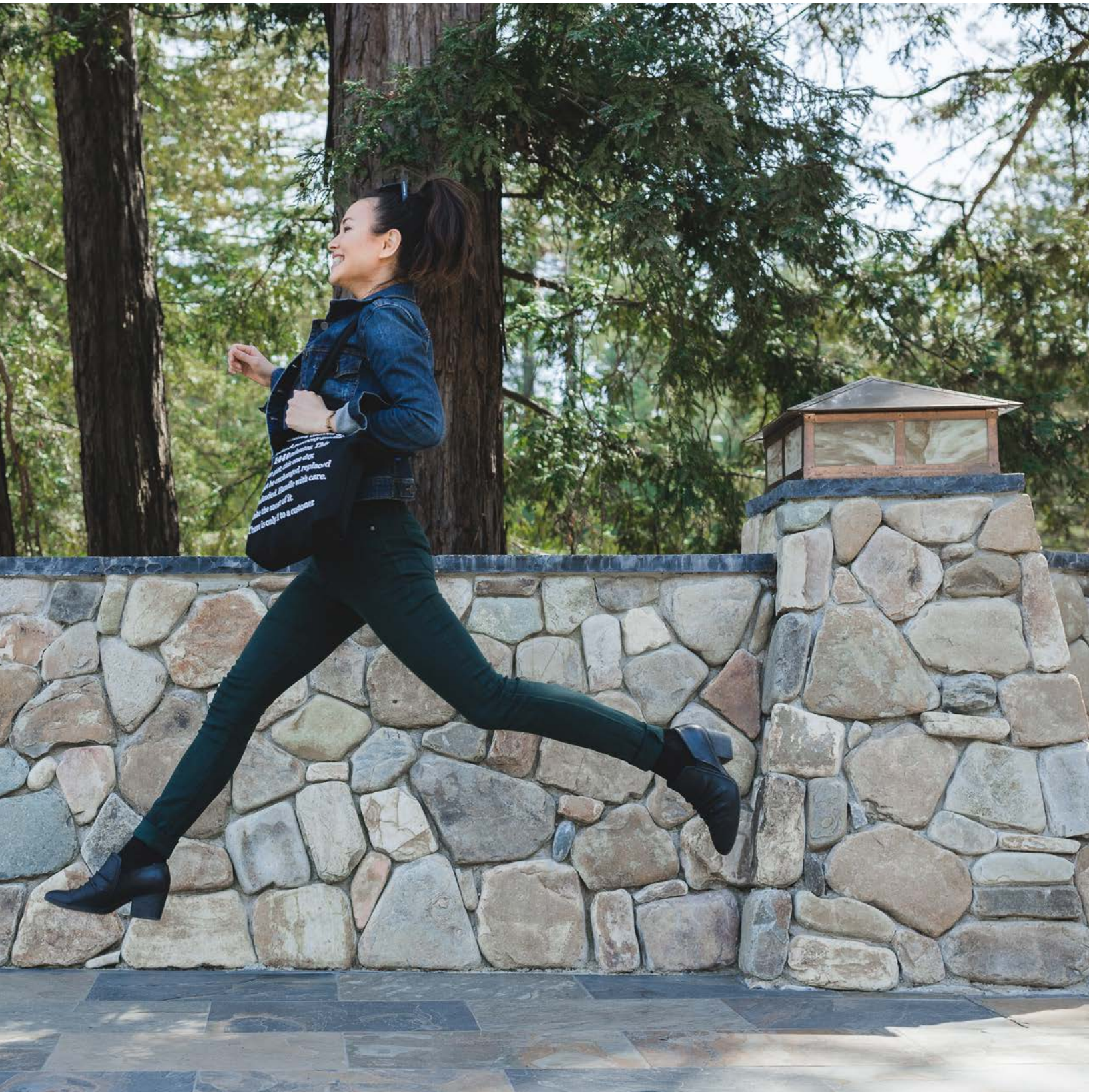
Whenever I teach the science of happiness, I try to leave people with something they can do right after they walk out of the room. Often the simplest, most accessible message is gratitude. Feeling grateful fosters a more accurate understanding of happiness, strengthening our social connections and motivating us to engage and give back to others. Gratitude is often a theme of mindfulness practices, and is squarely focused on the role that others play in our own life's goodness. Reflecting upon and expressing gratitude is an exercise in capitalizing on enjoyment, building trust, and softening self-focus; we acknowledge what is good and attribute the source of that goodness to others, and this can help anyone avoid the common pitfalls of pursuing happiness.

How can we get better at expressing gratitude? Try this: when thanking someone, 1) say what they did that you are thankful for, 2) acknowledge the effort it took for them to do this, and 3) describe how it was good for you.

Thank you, reader, for taking the time to read this article; I know you could be doing many other interesting things with your time, and, for me, knowing that people are engaging with the ideas I aim to share brings purpose and meaning to my work.

This article originally appeared on Greater Good, the online magazine of the Greater Good Science Center at UC Berkeley.









“ Be kind to yourself, and
watch your external
world change. ”

Anita Moorjani