



Spring Immersion Schedule

a three-day guided reset in health span, identity, and designed vitality.

FRIDAY | ARRIVAL & ORIENTATION

Arrival, Welcome, and Framing the Weekend

5:00 PM – OPENING RECEPTION

Cocktails, mocktails, and mood-food light bites.

Meet Sрни Pillay, M.D. – Harvard-trained psychiatrist, brain researcher, and psychogenic longevity expert – who will introduce the psychological framework for the weekend: how identity, environment, and lived experience influence inflammation, health span, and brain vitality.

Meet Dr. Uma Naidoo – Harvard nutritional psychiatrist, professional chef, and bestselling author of *This Is Your Brain on Food* – who will share how food reshapes mood, metabolism, and longevity, including her work advising global leaders on food ecosystems.

Both will discuss their dementia-prevention initiative in the Bronx using Blue Zones principles.

Dr. Pillay will also speak briefly about his appointment as Fellow at the Institute of Meaning in Science – and why self-reinvention is not abstract, but biological.

Guest contributor **Abel James**, New York Times bestselling author and fitness expert, will share practical insights from his journey in optimizing strength, resilience, and metabolic health.

(Short, 10–15 minute reflections from each while you enjoy curated bites.)

7:30 PM – Group Dinner at TULA

Reserved and arranged for our private circle.



SATURDAY | THE PRACTICE OF SELF-REINVENTION

7:00 AM – Optional Sunrise Reset

Beach walk, guided workout, or yoga before breakfast.

8:30 AM – Mood-Food Breakfast

New recipes curated by Dr. Naidoo.

10:00 AM – Self-Reinvention Workshop

Small breakout groups exploring:

Your Ideal Self

The gap between current and future identity

A master list of aligned commitments

10:45 AM – Ocean-Facing Integration Dialogue

Facilitated group discussion on stabilizing change.

11:30 AM – Food, Longevity & Biological Recalibration

Dr. Naidoo and Abel James summarize current research on nutrition, metabolic resilience, and long-term vitality.

12:00 PM – Personal Contemplation

Commitments to dietary and behavioral change.

12:30 PM – Mood-Food Lunch

1:30 PM – Rest / Reflection

2:00 PM – Sound Healing Immersion (Spa)

3:00–4:00 PM – Complimentary Spa Experience



SATURDAY | THE PRACTICE OF SELF-REINVENTION

4:30 PM – Expert Q&A: Designed Indulgence

Small-group conversation with Dr. Pillay, Dr. Naidoo, and Abel James.

Focused on:

- Longevity beyond biohacking
- The role of pleasure in sustainable vitality
 - Personal health questions

5:30 PM – Evening Reception

6:30 PM – Dinner & Retro Disco Celebration

Private DJ. Movement. Designed joy.

SUNDAY | INTEGRATION

9:00 AM – Closing Mood-Food Breakfast

10:00 AM – Program Conclusion

Stay on property to enjoy:

- Beach walks
- Spa experiences
- Personal reflection

Departure at your leisure.