

## Explore Extraordinary: The Chōsen Life Optimization Experience in Bali

Post-Summit: October 18–24, 2019

Location: Bali, Indonesia

Hosted by: Chōsen Experiences



Chōsen’s signature program is designed to make measurable impact on your life. The structure evokes a heightened state of learning and receptivity.

Discover what our alumni call “The Chōsen Effect”: a refreshed perspective of purposeful living and empowerment through self-discovery, challenge and personal evolution. Feel the triumph of operating at your optimal level. Develop a mentality of continual growth by extending yourself physically, mentally and emotionally. Embrace the spirit of personal evolution and inspired living. The personal impact is long lasting. The connections you make are life-defining.

### **The Chōsen Life Optimization Experience includes:**

- 6-nights, luxury, air-conditioned accommodations
- A nutritionist-designed culinary journey of locally sourced, organic and delicious meals with sustainably sourced meats (breakfast, lunch, dinner and snacks) (able to accommodate all diet restrictions)
- Special sessions lead by co-founders, John Stanton and Robin Connelley
- All beverages
- Round-trip airport transfers to and from Denpasar airport (or hotel in Canggu/Seminyak)
- Initial wellness consultation
- All programmed bodywork
- Daily yoga, breath work and mindfulness sessions
- Adventure activities
- Expert-led workshops
- Movement sessions
- All ceremonies
- Scheduled recovery and reflection programs

### **The Chōsen Program**

Chōsen is built upon a set of principles: Lifelong learning and impactful social connection challenge us to explore, evolve and make choices that lead to optimum levels of performance every day. Designed by a team of performance experts, from Olympic medalists to nutritionists and mindfulness coaches, the program aims to recalibrate your everyday living through sustainable approaches to movement, nutrition, rest, goal setting, self-awareness and more.



### **Global Wellness Summit delegates week**

This week is exclusively tailored to the attendees of the Global Wellness Summit to continue the inspired learning and connections beyond the conference in the nurturing surrounds of Bali. Held in a private coastal setting, just outside of Canggu, we are inviting a maximum of 12 delegates to join in this shared experience.

Here is a glimpse of what to expect during the week:

- Circadian Rhythm Programming
- Stress and Cortisol Management
- Food and Nutrition Learning
- Fitness and Movement Exploration
- Adventure and Learning Sessions
- Bodywork Recovery Sessions
- Breath Work, Yoga and Meditation Practice
- Mental Performance Sessions
- Values and Goals Identification

### Expertise

Chōsen's experts include Olympic gold medalists, physicians, nutritionists and coaches from a variety of skills and disciplines. Their combined knowledge shapes the perfect week in your life, providing you with personal clarity and strength. Their hard-earned experience and one-on-one attention will take you to the next level of performance.

### Nutrition

A balanced diet is crucial to dynamic living, so Chōsen's nutrition experts have formulated healthy meals that incorporate organic, seasonal, "locally sourced" produce. Such treats are not only bursting with goodness but delicious too. During your culinary adventure, you will discover new ingredients and styles of cooking and explore exotic flavors and exciting pairings.



**Chōsen Life Optimization 6-Night Experience in Bali Pricing:**  
(All pricing is per person, USD)

**Shared Accommodations:** \$5,400

**Individual Accommodations:** \$6,900

\*All itinerary details subject to change.

Note: You will fly into Bali Ngurah Rai International Airport (also known as Denpasar) where you will be transferred to Canggu

To confirm your reservation, please contact Chris at Stone Arch Travel:

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**Cancellation Policy**

Cancellation up to 60 days prior to arrival

Cancellation 30-59 calendar days prior to arrival

Cancellation within 30 calendar days prior to arrival

25% of total tour price is nonrefundable

50% of total tour price is nonrefundable

100% of total tour price is nonrefundable

