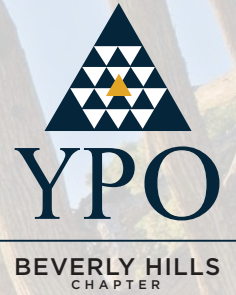


# FORUM RETREAT: Fit, Fueled, Focused

YPO Performance Series



**Luxury Retreat  
Location: Montecito, California**

**Join Nora Tobin and her team of health and wellness experts for a curated retreat of revitalization.**

The luxury wellbeing experience delivers impactful techniques to transform performance, without sacrificing time or enjoyment.

- Fulfillment in 3 interactive workshops
- Personalized wellness sessions
- Coastal and mountain adventures
- Farm to table culinary
- Exclusive local activities
- Invigorating spa treatments

The Fulfillment in 3 program (Fit, Fueled, Focused) is brought to life utilizing a holistic approach to sleep, stress, energy and overall immunity.

## **Fulfillment in 3 Overview**

Fulfillment in 3 is designed for executive teams and global leaders whose commanding performance is essential on a daily basis. The required energy, focus and creative thought to sustain exceptional success requires highly targeted strategies that can be easily integrated into a dynamic work week and travel schedule.

Each component provides specific techniques to enhance physiology to adapt to stress, relax the nervous system to attain reparative sleep, turn on body's natural fat burning power to enjoy indulgences and shift psychology to unlock potential.



## WHAT TO EXPECT

- **Improved energy**-subtle shifts in daily nutrition, healthy fats and the balancing of circadian rhythm will create higher levels of energy without the late afternoon crash.
- **Lowered anxiety**-breath techniques, balancing gut health and restorative workouts will calm the nervous system and balance hormones.
- **Rapid weight loss**-intermittent fasting, snack swaps and interval training will turn on ketosis, elevate metabolism in 24-hour cycles and burn body's own fat stores.
- **Elevated focus**-lowered insulin levels with nutrition techniques, clean cocktails to avoid brain fog and breathing techniques to activate both creative and analytical thought.
- **Reparative sleep**-environmental changes, evening routine and strategies for jet lag will activate the glymphatic system, responsible for deep stages of sleep.





## ITINERARY

### Friday

#### 3pm: Guest Arrival

Accommodation options: private Montecito villa, Miramar Rosewood, San Ysidro Ranch, Four Seasons  
Gift boxes in rooms- Fulfillment in 3 program and performance journal, local Santa Barbara items, Nora's Naturals snacks, Swell water bottle, Casa Dragones tasting, travel yoga mat, superfood coffee aroma therapy and sleep chocolates.

#### 3:30pm: Welcome

Introduction: Overview of the weekend, energy elixir shot and uplifting aromatherapy to transition from travel.

#### 3:40-4:30pm: Yoga Flow

Location: Montecito Villa or outdoor space of hotel

The opening yoga session is designed for the guests to switch gears, de-stress, reduce negative effects of travel and boost serotonin. Session is ideal for all levels of fitness.

#### 5:15pm: Bus Departure

Buses depart for Coral Casino, Four Seasons private club

#### 5:30 pm: Clean Cocktails and Fulfillment in 3

Location: Top deck, Coral Casino

Breathing exercise to improve performance and reduce anxiety in social situations, followed by clean craft cocktails. Interactive for guests to create their own. Paired with DJ and healthy appetizers.

Fulfillment in 3- key strategies for Fit, Fueled, Focused plus guided performance journaling.

Identify their short and long-term intentions/goals, and their importance for sustainable performance and wellbeing.

#### 7:00-9:00pm: Seaside Dinner

Location: Coral Casino- Tydes

Seasonally inspired menus emphasizing lightness, while utilizing the freshest and finest local, sustainable ingredients. Tydes' warm, casual atmosphere fosters relaxation and appreciation for great food and wine.

Oceanfront dining overlooking Butterfly beach.

\*\*\* Option to add fireside chat at Four Seasons with "healthy" s'mores.



## ITINERARY

### 9:00-10:00am: Fueled- Travel Workshop

Location: Montecito Villa

Superfood coffee station, light breakfast bites, elixir bar with adaptogenic herbs for performance. Discussion with Q & A- top nutritional, sleep and stress strategies for travel.

### 10:15-11:15am: Fit

Location: Physical Focus, 1010 Hot Springs Road, Montecito

Physical Focus movement studio- interval workout ideal for all levels. High energy session stimulating fat burning power and raising metabolism for up to 24 hours after the workout. Followed by a private session with a coach delivering the Authentic Training System. Participants will be guided in a private session through foundational movements to align spine, take pressure off the low back, and increase dynamic range of motion. Designed for those who sit at a desk.

### 11:15-11:45am: Focused

Location: Physical Focus, Montecito

A healing combination of restorative yoga, sound bowls, energy work and guided meditation to shift into parasympathetic nervous system. After the healing session, participants will learn how to activate specific brain waves for prolonged focus, deeper stages of sleep and optimal creativity.

### 11:45-12:15pm: Transition time

Head back to the house for shower and change.

### 1:30-1:30pm: Funk Zone

Location: Santa Barbara Artist Village

Lunch options- Tyger Tyger (upscale Thai street food), Lucky Penny (local pizza, salads, sandwiches), Lama Dog (SB brewing company with burgers, salads and wraps), wine tasting rooms. \*\*\*Optional- gift certificates for local Santa Barbara items

### 1:30-4pm: Choose your own adventure

Location: Varied

Group can choose any of the below to do together or each decide:

#### Outdoor Activities:

- Beach volleyball session with an Olympic Gold Medalist and former A VP pro
- Stand up paddle from Butterfly beach with Kombucha beer bar on shore
- Tennis session with games to 21 lead by a top tennis pro

\* Each activity will include a form of guided visualization, allowing participant to step out of comfort zone and elevate capacity for accomplishment.

#### One-on-One Coaching and Spa Treatments:

- Nutrition and lifestyle program with customized strategies to meet individual needs. Alternating between spa treatments at The Four Seasons, Biltmore.

### 4:30-6pm: Santa Barbara Sail, Spa Treatments or Miramar Rosewood Beach Bar

Location: Private yacht or Double Dolphin sail

Sunset cruise along the Santa Barbara coast with options of tequila or wine tasting, paired with education on ordering out.

\*\* Alternative: Rosewood Miramar beach bar with option for beach games or bocce ball

### 6:30-9:00 pm: Taco Takedown

Location: Montecito Villa

Two top chefs and Nora will conduct an Iron Chef competition where participants will work in teams, utilizing farm to table ingredients to make the best tacos (most creative, healthiest, best tasting) in a set period of time. Followed by a playful round with the panel of judges into a sit-down dinner. Live guitar by local performer.

### 9:00 pm and on: Game Night or Karaoke with Live Band



## ITINERARY

### Sunday

#### 8:00-9:00am: Fueled- Antiaging Workshop

Location: Montecito Villa

Superfood coffee station, light breakfast bites, elixir bar with adaptogenic herbs for performance. Discussion with Q & A- nutritional strategies and the importance of gut health to slow down the aging process and rapidly increase cellular turnover while boosting autophagy.

#### 9:00-10:00 am: Focused- Yoga flow with guided mediation synched with binaural beats

Location: Outdoors on grounds of the villa

Vinyasa flow synching breath to movement with a core strengthening series that can be done during travel with no equipment (video programs to follow retreat). Followed by guided Wim Hof breath work and visualization to connect creative with analytical thought and stimulate neurogenesis.

#### 10:00-11am: YPO Forum meeting

#### 11:30 am-1 pm: Fit- Hike to San Ysidro Ranch

Location: San Ysidro trail to the Ranch

Farm to table lunch in the garden with guest speaker.

#### 1:00-2 pm: Option to add the following or depart for airport

- Cryotherapy at P3 (professional athlete training facility in town)
- Vitamin IV with b12 shot for travel
- Sound bath
- Acupressure and myofascial release workshop
- Continuing content: 6-week written and digital program, weekly coaching, monthly newsletter

## EVENING AMENITIES

### Night 1: FIT

- Fitness items for travel
- Anti-inflammatory elixirs
- Collagen cookies

### Night 2: FUELED

- Adaptogenic travel kit
- Tequila tasting
- Sleep chocolate truffles

### Night 3: FOCUSED

- Stress relief kit
- Aromatherapy
- Sleep pillow spray and silk pillow case





**Bio:**

Nora Tobin LLC creates luxury retreats, executive summits, global media and keynotes for partners in hospitality, finance, technology and entertainment.

Nora is the Health and Wellness Partner and Spokesperson to Forbes Five Star brands and The Ritz-Carlton Yacht Collection. She is a Performance Enhancement and Nutrition Specialist, columnist and on-air personality. She has received advanced certifications in helicopter, scuba and cliff rescue.



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