



# Aura of Intelligence:

## Wellness Retreat Building XR/Ai Auras & Digital Twins.

An Exploration of Wellness and Technology.

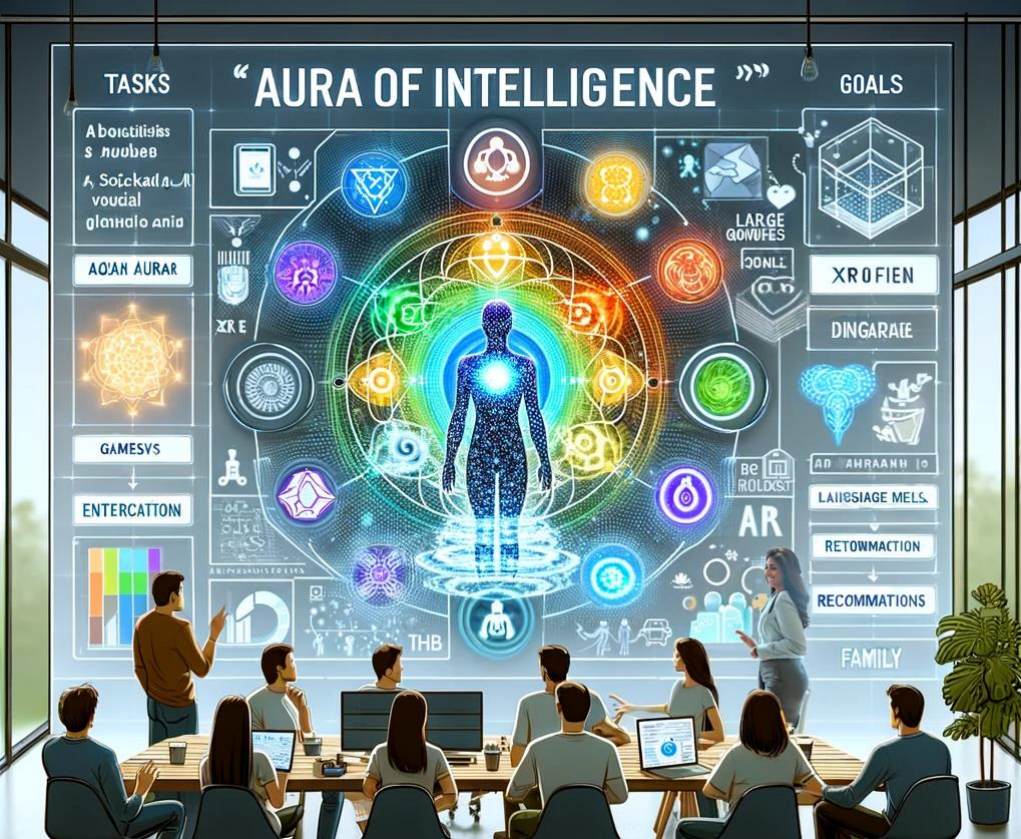


# Introduction to the Retreat

- Aura of Intelligence
- G.A.J.R.A. Earth
- 5 Day Retreat
- 9 Day Teacher Training







## Retreat Themes and Objectives

- Build an Aura of Intelligence: A digital Aura representation or twin of an individual's mental state, history and goals, created using advanced technologies like AI and extended reality.
- Build a Digital Twin of your Body: A digital twin is a digital representation of a physical object, person, or process, contextualized in a digital version of its environment.



# Itinerary Overview

- Orientation and Introductions
- Aura of Intelligence and Avatar Creation
- Memory Palace and IoT Device Management
- Self-Reflection and Character Mapping
- Goal Setting and Skill Development
- Wellbeing and Lifelong Learning
- Cultural and Recreational Activities
- Deepening Aura Concepts and Pedagogy
- Teacher Assessment and Certification





# Wellness Programs

- Yoga or Tai Chi
- Nutrition and Diet Planning
- Massage Therapy
- Gym Exercise
- Sauna and Ice Bath
- Art Therapy
- Aromatherapy and Sound Therapy
- Guided Meditation and Breathwork
- Life Planning





# Technology Workshops

- Generative Artificial Intelligence
- Basics of Programming with A.i. Co-Pilot
- 3D Modelling and 3D Printing
- G.A.J.R.A. Blockchain Marketplace
- Augmented Reality Eyewear
- Virtual Reality Eyewear
- Smart Wearables
- Smart Home Devices
- Making Your Own Smart Things





# Cultural and Recreational Activities

- Laws and Norms
- Languages
- Storytelling
- Sightseeing
- Music
- Dance
- Cuisine
- Fashion
- Adventure





# Participant Engagement and Networking

- Social Media Content Creation
- Networking with Guests and Mentors
- Expert Facilitators and Mentors
- Personal Presentations to the Group
- Aura of Intelligence Opportunities
- G.A.J.R.A. Earth Opportunities
- Live Aid 2025 Global Concert and Vote
- Existential Threats to Life on Earth
- Protopian Futures to Co-Create





# Accommodations and Facilities

- Aura Luxury Retreat Goa, Manderam Village
- Luxury Single and Double Accommodation
- Ensuite Baths
- Two Yoga-Shalas
- Meters from the Beach
- Healthy Menu Incorporating Superfoods
- Café by the Pool
- Surfing or Bodyboarding
- Purification Rituals and Chakra Balancing





# 9 Day Teacher Training

- Technology Tools and Maintenance
- Group Presentation Skills
- One-on-One Training
- Health Industry Auras
- School, Middle School, High School Auras
- Aged Care and Dementia Auras
- Entertainment Auras
- Corporate Auras
- Government Auras







## Safety and Emergency Procedures



# Closing and Call to Action

- Digital Auras are Ideal Interfaces for A.i.
- Exclusive Auction for Executive Retreats
- Seriously High Urgency and Importance
- Priority Spaces for Aura Teacher Training
- Never-Ending Narratives in the Metaverse
- Infinite Ongoing Business Opportunities
- Macro-Economic Responsible Abundance
- Kardashev Scale Multi-Planet Civilisation
- Kardashev Scale Multi-Stellar Civilisation

