

# GLS PHASE II- INITIAL EXPERIENCE 6-9 December 2021

(DRAFT) as of 5 Nov 21

PACIFIC TIME	Sun 05-Dec	Mon 06-Dec	Tue 07-Dec	Wed 08-Dec	Thu 09-Dec	Fri 10-Dec
3:00						
3:30					Wake-Up	
4:00					Travel To Latigo Beach/Trailhead	
4:30					Ocean Swim/Sunrise Hike sunrise 0649/Nautical Twilight 0550/First Qtr Moon	
5:00						
5:30			Wake-Up	Wake-Up		
6:00			MOVEMENT Yoga Outdoors (Multi Purpose Rm)	Breathhold Module Kirk Krack Presentation (MultiPurpose Rm)		
6:30						
7:00			PERSONAL TIME/ Blood Draw	Breathhold Module Dryland Breathholds (MultiPurpose Rm)		
7:30			SPIRITUALITY Rev Sue Phillips (Virtual) BREAKFAST		Travel To Calamigos	
8:00						
8:30					PERSONAL TIME/PACK OUT	
9:00		STAFF/CADRE TRAVEL	COGNITION (75 min) Dr. Eric Potterat Learned Excellence	Breathhold Module (Calamigos Gym Pool)		
9:30					BREAKFAST	
10:00			BREAK		PROGRAM AAR	
10:30			REGENERATION Dr. Lorena Torres	PERSONAL TIME/BREAKFAST	GOAL SETTING	
11:00			LUNCH	NATURE PRESO Dr. Chris Lortie	HOTEL CHECK OUT	
11:30			Travel To Pepperdine		LUNCH	
12:00			Who Are You? Module Ben Potvin Black Box - Avail 1230-1600 \$750	GENETICS PT 2 PRESO Dr. Mansoor Mohammed		
12:30		LUNCH Town				
1:00		Travel to Calamigos		LUNCH	STAFF/CADRE AAR	
1:30		SET UP POOL STUDIO AV		COGNITION Pt 2 Dr. Eric Potterat		
2:00		STAFF/CADRE MTG Dashboard & Baseball cards of Participants Program review in detail Monday program			STAFF/CADRE DEPARTURE	
2:30				NUTRITION Chris Talley/Carsan Dittman	Downstage/Clean Gear	
3:00						
3:30						
4:00		CHECK IN/ PERSONAL TIME	Travel To Calamigos			
4:30			PERSONAL TIME/REFLECTION	Meal Preparation Carsan Dittman		
5:00		GLS INTRODUCTION Andy/Hoby		PERSONAL TIME/REFLECTION		
5:30						
6:00	DINNER	DINNER Pool Studio	DINNER The Pizza Bar	DINNER Pool deck	DINNER	
6:30						
7:00		GENETICS Dr. Mansoor Mohammed Pt 1	FIRESIDE CHAT CHARACTER/VIRTUES PT 2 Dr. Peter Rea	FIRESIDE CHAT Topic TBD	STAFF/CADRE DEPARTURE	
7:30						
8:00		CHARACTER/VIRTUES Dr. Peter Rea Pt 1	DAILY AAR	DAILY AAR		
8:30			STAFF/CADRE MTG	STAFF/CADRE MTG		
9:00		DAILY AAR				
9:30		STAFF/CADRE MTG				
10:00						
10:30						
11:00						
11:30						
12:00						