

mindvalley a-fest

Sardinia 2018: The Agenda

Before A-Fest Begins

For those of you arriving early, join us for special pre-day sessions and a welcome mingler.

Wednesday, May 30 (Day 0)

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| 11:00AM - 6:00PM | Pre-Event Workshop with Eric Edmeades |
| 2:00PM - 6:00PM | Pre-Event Workshop with Eric T. Strauss & Vishen Lakhiani |
| 7:00PM - 9:00PM | Buffet Dinner at leisure |
| 9:00PM - 12:00AM | Welcome Mingler by Oasis Pool |



DAY 0 / MAY 30

WELCOME MINGLER

9PM - 12AM

Welcome to A-Fest Sardinia! Join us at the Oasis Poolside where you can connect with fellow Tribe members from around the world. Returning Tribe members, welcome home. First time A-Festers, meet your new family. Everybody, get ready for good vibes and magic

Dress code:

Casual chic, however feel free to dress however you wish. Bring something warm as it might get a little bit chilly in the evenings.

A-Fest (May 31 to June 3)

Thursday, May 31 (Day 1)

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| 9:00AM - 11:00AM | Registration at Conference Centre Foyer |
| 11:00AM - 1:00PM | Newbie Orientation Session / Tribe Reconnections |
| 1:00PM - 2:30PM | Buffet Lunch |
| 2:30PM - 6:00PM | Afternoon Session |
| 2:30PM | Welcome back |
| 2:45PM | Vishen Lakhiani - Optimized Fitness with Mindvalley's 10X Protocol |
| 3:30PM | Jay Shetty "Why Connected Thinkers Will Rule The Future" |
| 4:00PM | Exercise with Daniela Plattner |
| 4:15PM | Coffee Mingler |
| 4:45PM | Kristina Lakhiani "Hacking Happiness" |
| 5:15PM | Jason Prall "Is Longevity Important? - Lessons From the World's Elders." |
| 6:15PM - 7:00PM | "The Human Longevity Project" Documentary Screening |
| 8:00PM - 12:00AM | "La Dolce Vita" Dinner Party at La Pineta |



DAY 1 / MAY 31

LA DOLCE VITA Group Dinner

9PM - 12AM

In celebration of the theme of longevity and honouring one of its main characteristics, family and connectedness, we will step back in time and get a taste of the elegant, romantic and glamorous lifestyles of Rome during the 1960s. This night is all about living life to the fullest, so get ready to spoil your senses with delicious Italian food, music and fashion.

Dress code:

Vintage Italian / Classy 60s style, bright colors, hats, scarves, colored ties, tights & shoes, boots, and gloves. Please bring something warm as it might get chilly in the evening.

Friday, June 1 (Day 2)

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| 8:00AM - 9:30AM | 5Rhythms with Daniela Plattner at Chiesa |
| 10:30AM - 1:00PM | Morning Session |
| 10:30AM | Welcome to Day 2 |
| 11:00AM | Eric Edmeades "Being Younger" |
| 12:05 | Tim Chang "The Business of Longevity" |
| 1:00PM - 2:30PM | Buffet Lunch |
| 2:30PM - 4:00PM | Breakout Sessions Track I <ul style="list-style-type: none">● Jay Shetty "The Compatibility Test: The Surprising Science Behind How Little We Know About Ourselves & How That Ruins Our Relationships"● Amy Killen "Sex and Skin for the Win" *ADULTS ONLY● Ben Greenfield "Biohacking Longevity in Practice"● Jo & Adam Gazzaley "Bridging the Gap Between Neuroscience & Tech" |
| 4:00PM - 4:30PM | Coffee Break |
| 4:30PM - 6:00PM | Breakout Sessions Track II <ul style="list-style-type: none">● Oz Gracia "Optimizing Human Biological Performance: A deep Look at Multiple Fasting Technologies"● Jim Kwik "Mental Olympics"● Eric Edmeades "How to Balance Your Mission and Your Life"● Jason Prall "Combining Ancient Wisdom With Modern Technology" |
| 7:00PM - 9:00PM | Buffet Dinner at leisure |
| 9:00PM - 1:00AM | Sardinian Night, Offsite |



DAY 2 / JUNE 1

Sardinian Night

OFFSITE PARTY 9PM - 1AM

Sardinia is an island of fascinating festivals and traditions. And tonight we get to experience and celebrate this beautiful and authentic culture. Ajò!!

Dress code:

No costumes needed for this evening. Please bring something warm as it might get chilly in the evening.

Saturday, June 2 (Day 3)

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| 8:00AM - 9:00AM | Yoga with Lindsay Sukornyk at Forte Bay Terrace |
| 10:00AM - 10:30AM | Meditation with Daniela Plattner at Conference Hall |
| 10:30AM - 1:30PM | Morning Session |
| 10:30AM | Kickoff to Day 3 |
| 11:00AM | Ben Greenfield “ Top 24 Ways to Biohack Longevity” |
| 12:05PM | Harry Adelson “Stem Cells; the Healing Power of Nature” |
| 12:50PM | Amy Killen “Achieving Peak Performance and Sexual Longevity” |
| 1:30PM - 3:00PM | Buffet Lunch |
| 3:00PM - 7:00PM | Bonding & Fun at the hotel beach |
| 7:00PM - 9:00PM | Buffet Dinner at leisure |
| 9:00PM - 12:00AM | Blue Zone Night at Aqvatica Bar |



DAY 3 / JUNE 2

Blue Zone Night

9PM - 12AM

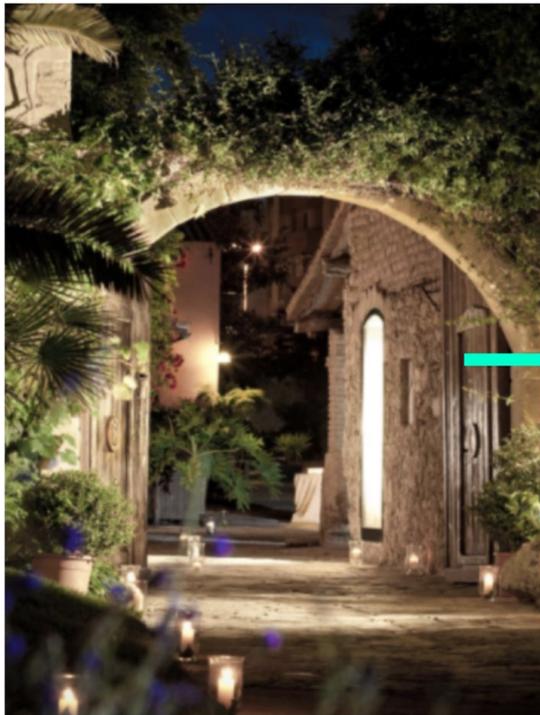
This evening is all about recharging and rejuvenating our mind, body and soul as we come closer to the final day of this incredible journey. We have put together a couple of activities that will help you reset and feel refreshed. Enjoy!

Dress code:

Heels not recommended as there are grassy and sand areas.

Sunday, June 3 (Day 4)

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| 8:00AM - 9:00AM | Yoga with Aaron Kleinerman at Forte Bay Terrace |
| 10:00AM - 10:30AM | Meditation with Lindsay Sukornyk at Conference Hall |
| 10:30AM - 1:00PM | Morning Session |
| 10:30AM | Kickoff to Day 4 |
| 11:00AM | Vishen Lakhiani "Top Practices to Live Longer and Healthier" |
| 12:15PM | Sonia Arrison "100 Plus: How Longevity Will Change Everything" |
| 1:00PM - 2:30PM | Buffet Lunch |
| 2:30PM - 6:30PM | Afternoon Session |
| 2:30PM | Welcome Back by Hosts |
| 2:45PM | Adam Gazzaley "Raging Against Aging" |
| 3:20PM | Jim Kwik "Ageless Brain - The Secrets to a Faster, Smarter, Focused Mind" |
| 4:20PM | Bonding Exercise with Daniela Plattner |
| 4:45PM | Closing with Vishen Lakhiani |
| 7:00PM - 9:00PM | Buffet Dinner at leisure |
| 9:00PM - 2:00AM | The 4 Elements Closing Party, Offsite |



DAY 4 / JUNE 3

4 Elements Closing Party

9PM - 3AM

Incredible theme parties are a part of A-Fest's DNA, and as such we are excited to announce the official theme for the Closing Party on Day 4 of A-Fest Sardinia, is...

The Four Elements

Over the past few days at A-Fest, we've been learning about longevity, and how to extend life, but this evening is about appreciating and honoring what makes life possible in the first place...

Post A-Fest

Monday, June 4 (Day 5)

5:00PM Onwards A-Fest Tribe Meetup at Tuerredda Beach Club, Offsite