



Train the Brain – Residential Retreat (Transformative Workshop, Demo & Practices)

Check In: 6 pm Apr 26, 2024
Check Out: 4 pm April 28, 2024

Train your Brain to be the Ultimate Magic Key to Unlock Holistic Health Benefits forever..... A Scientifically Driven Spiritual Approach towards a Better Wellness Code @Los Altos Hills, CA

WHAT YOU GET

2 nights in scenic and salubrious Los Altos Hills with 6 meals (2X Breakfast, Lunch & Dinner). Includes Readings, Course material, Demo, Practice & Follow up Notes.



CAMPUS VIEWS



CONFERENCE & PRACTICE CENTER



DINING CENTER



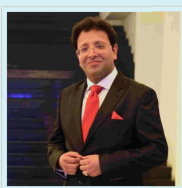
Core Navigator, Instructor and Practitioner for the Session

DR. INDRANILL BASU-RAY

MBBS, MD, DNB (Cardiology), DSc, FACP, FACC.

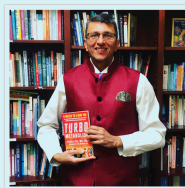
Editor-in-Chief "The Principles & Practice of Yoga in Cardiovascular Medicine," –the world's first book on yoga and heart disease – a significant milestone in integrating yoga into modern medicine.

Distinguished Cardiologist with extensive contributions in Interventional Cardiac Electrophysiology and innovative implantation techniques. Recognized for holistic health strategies, in integrating yoga and meditation into cardiovascular care with positions in MIT, AIIMS, etc. See: <https://indranillbasuray.com> & <https://aaymonline.org>



Dr. Raj Gupta, Observer

Neurology, Clinical Neurophysiology & Sleep Medicine
CEO & President, San Jose Neurology Center



Dr. Pankaj Vij, Facilitator

CWC Co-Founder, Board & Content Chair. Author, TEDx Speaker & Lifestyle Medicine, Kaiser Permanente

[Click here](#) to see more on all above speakers and resource persons for the retreat.

[Click Here](#) for Program Details, Schedule, Venue Address, Directions & Map

Highlights & Key Modules

- ▶ **Meditation:** Strengthening the Brain for Enhanced Health
- ▶ **Stress Reduction and Disease Prevention**
- ▶ **Embracing Brain Training for Health Transformation**
- ▶ **Yoga:** Synchronizing Mind and Body for Total Wellness
- ▶ **Addiction Management:** Pathway to Mindful Recovery

Embark on a transformative journey towards stress reduction, disease prevention, and effective management of your entire life, including career and other goals. **Step into a life of balance, vitality, and well-being to beat aging.**



All Inclusive Fee: **\$550** to be paid to 501c3 Non-Profit CWC for booking.
All donations carry tax credit. Registration & Payment by **CWC Khushi App**
for instant booking. For Enquires: **Text 669-231-9840**

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