



SUN

MON

TUE

WED

THU

FRI

08:30

MORNING PRACTICE  
LOUKA LEPPARD  
HYON GAK SUNIM

MORNING PRACTICE  
PETRI RÄISÄNEN  
LOUKA LEPPARD  
HYON GAK SUNIM

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PETRI RÄISÄNEN  
LOUKA LEPPARD  
HYON GAK SUNIM

MORNING PRACTICE  
PETRI RÄISÄNEN  
LOUKA LEPPARD  
HYON GAK SUNIM

MORNING PRACTICE  
PETRI RÄISÄNEN  
LOUKA LEPPARD  
HYON GAK SUNIM

09:30

BREAKFAST

BREAKFAST

BREAKFAST

BREAKFAST

BREAKFAST

10:30

HYON GAK SUNIM  
ZEN MEDITATION &  
SPIRITUALITY

DR JOEL & MICHELLE LEVEY  
NEUROSCIENCE &  
MIND-FITNESS

DR JOEL & MICHELLE LEVEY  
SELF-MNGMT &  
FOCUS

DR BERIT HIPPE  
METABOLIC TYPES  
& LIFESTYLE

DR BERIT HIPPE  
WITH HYON GAK SUNIM  
YOUR MIND ON  
PLANTS

12:00

LUNCH

LUNCH

LUNCH

LUNCH

LUNCH

13:30

LULWA AL KHALIFA  
NUTRITION &  
LONGEVITY

DR JOEL & MICHELLE LEVEY  
NEUROSCIENCE &  
MIND-FITNESS

DR JOEL & MICHELLE LEVEY  
SELF-MNGMT &  
FOCUS

DR BERIT HIPPE  
EPIGENETICS &  
STRESS  
MONITORING

DR BERIT HIPPE  
BIOACTIVE PLANTS  
IN PERSONALIZED  
NUTRITION

15:30

ARRIVAL  
&  
WELCOME  
DINNER

FREE – EXPLORE  
TREATMENTS OFFERED BY  
LOCATION

FREE – EXPLORE  
TREATMENTS OFFERED BY  
LOCATION

FREE – EXPLORE  
TREATMENTS OFFERED BY  
LOCATION

FREE – EXPLORE  
TREATMENTS OFFERED BY  
LOCATION

CLOSING  
DINNER  
&  
END OF  
JOURNEY

18:30

EVENING PRACTICE  
LOUKA LEPPARD  
HYON GAK SUNIM

EVENING PRACTICE  
PETRI RÄISÄNEN  
LOUKA LEPPARD  
HYON GAK SUNIM

EVENING PRACTICE  
PETRI RÄISÄNEN  
LOUKA LEPPARD  
HYON GAK SUNIM

EVENING PRACTICE  
PETRI RÄISÄNEN  
LOUKA LEPPARD  
HYON GAK SUNIM

19:00

DINNER

DINNER

DINNER

DINNER



## FLOW OF A DAY

08:30

MORNING PRACTICE

09:30

BREAKFAST

10:30

THEORY + INTEGRATION  
THEORY BACKGROUND & FIRST  
THOUGHTS ON INTEGRATION

12:00

LUNCH

13:30

INTEGRATION & PRACTICE  
REFLECTIONS ON THEORY,  
INTEGRATION & PRACTICE

15:30

FREE – EXPLORE TREATMENTS OFFERED BY LOCATION

18:30

EVENING PRACTICE

19:00

SHARED DINNER



# THE SOLARIS JOURNEY

**MYSORE (6:00-8:00) with Petri**

**PRACTICE:** Daily morning practice of yoga, breathwork or meditation allows you to choose what works best for you with Hyon Gak Sunim & Louka  
The flow will be linked to the theme of the day  
duration of 30-60 min.  
The evening practice can vary between yoga, sound baths, walking meditation, tai-chi.

**THEORY + INTEGRATION:**

introduction to the theoretical/research based background of the topic - first thoughts on integrating learnings

**INTEGRATION & PRACTICE:**

45-60 min bringing theory to life

**FREE TIME:**

Possibility to discover the treatments offered by the place (alchemist, wizard, lab) or book individual sessions with Petri & Louka, Anna and Lulwa

**MEALS:**

the plant based meals will be inspired by the theme of the day

## DAILY FOCUS THEMES

**ZEN MEDITATION & SPIRITUALITY (Hyon Gak Sunim)**

eastern philosophy, consciousness, don't know mind

**NUTRITION & LONGEVITY (Lulwa Al Khalifa)**

individual assessment, introduction to nutrition and its impact on longevity

**NEUROSCIENCE & MIND-FITNESS (Dr Joel & Michelle Levey)**

interpersonal neurobiology, contemplative science

**SELF-MANAGEMENT & FOCUS (Dr Joel / Michelle Levey)**

inner development goals, stress management, productivity, habits

**METABOLIC TYPES AND LIFE-STYLE (Dr Berit Hippe)**

introduction to interactions between your genes, your lifestyle and their impact on your physiological, mental health and aging.

**EPIGENETICS & STRESS MONITORING (Dr Berit Hippe)**

determining your physiological stress level and supporting you in stress reduction with personalized recommendations.

**YOUR MIND ON PLANTS (Dr Berit Hippe with Hyon Gak Sunim)**

transcending consciousness, introduction to health-promoting effects of plants on cognitive function

**BIOACTIVE PLANTS AND PERSONALIZED NUTRITION (Dr Berit Hippe)**

optimizing well-being through personalized diet including bioactive plants