



**LAKE NONA
PERFORMANCE
CLUB** 

Mindset Experts & Peak Performance Experiences

Exclusively at Lake Nona Performance Club | Orlando, FL

LMXP | EXPERIENCE PACKAGES



Build your Limitless Minds XP journey at LNPC with one of our thoughtfully designed mindset packages.

Explore

A 1-day Mindset Discovery

- ✓ 2 workshops with interactive group exercises led by industry-leading mindset coaches
- ✓ State of the art mindset assessment measuring a snapshot of a group's aggregate mindset in relation to elite performers
- ✓ Hosted in the Limitless Minds Community Wellness Hub at Lake Nona Performance Club in Orlando, FL
- ✓ 3 month paid subscription to Limitless Minds Digital Training Platform for Individual mindset training
- ✓ Group lunch provided

Electives

- ✓ **Choice of 1** | Group performance activity including group cycle, indoor rock climbing, pickleball, InClubGolf, or a mindfulness practice in the Chopra Mind-Body Zone.

Accommodates up to 25 people. Ideal team size is 20.

Expand

A 2-day Mindset Immersion

- ✓ 3 workshops with interactive group exercises led by industry-leading mindset coaches
- ✓ State of the art mindset assessment measuring a snapshot of a group's aggregate mindset in relation to elite performers
- ✓ Hosted in the Limitless Minds Community Wellness Hub at Lake Nona Performance Club in Orlando, FL
- ✓ 3 month paid subscription to Limitless Minds Digital Training Platform for Individual mindset training
- ✓ Group lunches and dinners provided
- ✓ 2 night stay at Lake Nona Wave Hotel – The most technologically advanced hotel in the world

Electives

- ✓ **Choice of 1** | Group performance activity including group cycle, indoor rock climbing, pickleball, InClubGolf, or a mindfulness practice in the Chopra Mind-Body Zone.
- ✓ **Choice of 1** | Individual rest and recovery activity including yoga, pilates, guided meditation, spa service.

Accommodate up to 20 people. Ideal team size is 15.

Elevate

A 3-day Mindset Evolution

- ✓ 4 workshops with interactive group exercises led by industry-leading mindset coaches
- ✓ State of the art mindset assessment measuring a snapshot of a group's aggregate mindset in relation to elite performers
- ✓ Hosted in the Limitless Minds Community Wellness Hub at Lake Nona Performance Club in Orlando, FL
- ✓ 1 year paid subscription to Limitless Minds Digital Training Platform for Individual mindset training
- ✓ Group lunches and dinners provided
- ✓ 3 night stay at Lake Nona Wave Hotel – The most technologically advanced hotel in the world
- ✓ Individual health and wellbeing reporting to include metabolic analysis, nutritional testing and biomechanics and mobility assessment findings
- ✓ 30 day post-event accountability remote session with a mindset coach

Electives

- ✓ **Choice of 2** | Group performance activity including group cycle, indoor rock climbing, pickleball, InClubGolf, or a mindfulness practice in the Chopra Mind-Body Zone.
- ✓ **Choice of 1** | Individual rest and recovery activity. Options are yoga, pilates guided meditation, spa service.

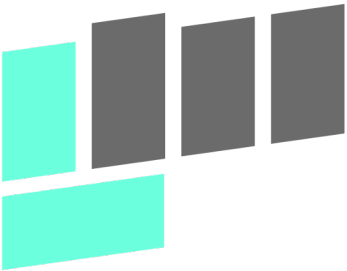
Accommodate up to 15 people. Ideal team size is 10.

SAMPLE SCHEDULE | EXPLORE

A 1-day Mindset Discovery

TIME	DAY #1
9:00am - 10:00am	Mindset Workshop #1 with interactive exercise
10:00am - 11:00am	Mindset Assessment & Results Overview
11:00am - 12:00pm	Team Lunch
12:00pm - 1:00pm	Mindset Workshop #2 with interactive exercise
1:00pm - 2:00pm	Group Elective
2:00pm - 3:00pm	
3:00pm - 4:00pm	Mindset Journey Map & Closing

*Learn how mindset behaviors and habits
help you reach your potential.*

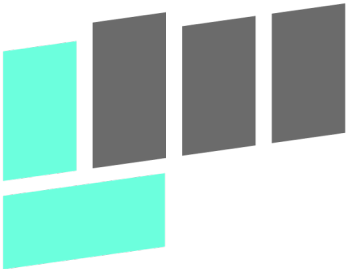


SAMPLE SCHEDULE | EXPAND

A 2-day Mindset Immersion

TIME	DAY #1	DAY #2
9:00am - 10:00am	Mindset Workshop #1 with interactive exercise	Mindset Workshop #3 with interactive exercise
10:00am - 11:00am	Mindset Assessment & Results Overview	Individual Elective
11:00am - 12:00pm	Team Lunch	Team Lunch
12:00pm - 1:00pm	Mindset Workshop #2 with interactive exercise	Mindset Summary, Toolkit, and Closing
1:00pm - 2:00pm	Group Elective #1	Departures
2:00pm - 3:00pm	Debrief & Plan	
3:00pm - 4:00pm	Team Dinner/Outing	
4:00pm - 8:00pm		

Establish a mindset foundation of self-awareness and growth potential.

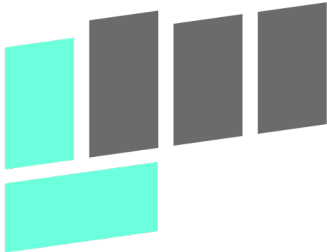


SAMPLE SCHEDULE | ELEVATE

A 3-day Mindset Evolution

TIME	DAY #1	DAY #2	DAY #3
9:00am - 10:00am	Mindset Workshop #1 with interactive exercise	Metabolic Testing	Mindset Workshop #4 w/ Activities
10:00am - 11:00am	Mindset Assessment & Results Overview	Break	Health Assessment Review & Action
11:00am - 12:00pm	Team Lunch	Team Lunch	Team Lunch
12:00pm - 1:00pm	Mindset Workshop #2 with interactive exercise	Mindset Workshop #3 with interactive exercise	Mindset Summary, Toolkit, and Closing
1:00pm - 2:00pm	Group Elective #1	Group Elective #2	Departures
2:00pm - 3:00pm	Debrief & Plan	Debrief & Plan	
3:00pm - 4:00pm	Team Dinner/Outing	Team Dinner/Outing	
4:00pm - 8:00pm			

*Master your mindset
toolkit for optimal
performance.*



LMXP | MINDSET WORKSHOPS

Customize your experience with our curated selection of workshops to strengthen your mind and your team.



Fundamentals of Thinking | Understanding foundational concepts of neutral thinking and how to apply this mindset strategy in your personal workplace. Work through the activities to develop a transformational *get-to-neutral* skillset.



Be Here - Creating Present Moment Awareness | Utilizing neutral thinking to *be where your feet are* gives you the freedom to choose your next action rather than react to it. Creating a practice of recognizing and maximizing the present moment.



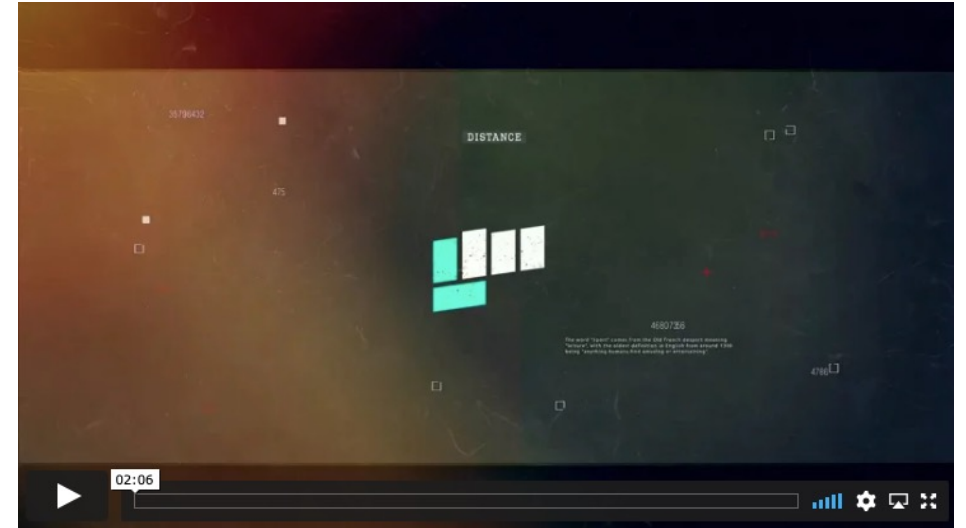
Get Clear on Your Values | Understanding what is truly most important to you will allow you to align your behaviors and create sustainable habits to achieve your goals.



Embrace the Fear | Imagine what you can accomplish if you are comfortable in the uncomfortable and aren't held hostage by the narrative your emotions tell you. Work to unhook from thoughts you're stuck to and regain valuable mental energy.



Get Into Gear - Build Habits of Success | Create a plan of action that will stick and help you achieve your goals. Remember, this is a commitment to style of thinking, not just a one and done program.



Click [HERE](#) to play video

*If you want to go fast, go alone.
If you want to go far, go **TOGETHER**.*

LMXP | MINDSET ELECTIVES & EXERCISES



Select from these exclusive Lake Nona Performance Club experiences.

GROUP ELECTIVES

Mindfulness Practice | Experience Dr. Deepak Chopra's signature mantra meditation to create an improved state of well-being - both personally and collectively. *A team that Namastes together, stays together.*

ROX Climbing Gym | Home to the region's only 42-foot rock climbing tower, featuring top-rope climbing, rappelling, and bouldering. *Team building trust fall, anyone?*

Group Cycle | This totally immersive riding experience with cutting-edge connectivity is guaranteed to raise your heart rate and your mood. *Not your grandma's bike ride!*

InClubGolf | The premier indoor golf training experience with all the latest technology, swing rotation analysis, and adjustable slope putting lab. *The best Florida golf without Florida heat.*

Pickleball | A fun and active paddle sport combining elements of tennis, badminton, and ping-pong. *Sounds weird; feels good!*

INDIVIDUAL ELECTIVES

Metabolic Testing | Foundational assessment of critical metabolic processes used to prescribe precise physical activity and corollary wellness programs to maximize wellness outcomes. *Where health, fitness, and science unite.*

Chopra Mind-Body Zone Yoga | An all-levels signature yoga class that incorporates Dr. Deepak Chopra's Seven Spiritual Laws of Yoga to help you experience greater health, joy, and peace in your life. *Yes, please!*

Pilates | An invigorating class focused on core strength and proper muscle engagement, improving balance, posture, and strength, to name a few. *Get ready to get sweaty!*

Chopra Mind-Body Zone Guided Meditation | Slip beyond thought to discover inner stillness that has been hidden by layers of stress, fatigue, toxins, doubts, fears, and confusion. *Say hello to a new, refreshed you.*

Chopra Mind-Body Spa Massage | Ayurvedic massage uses pressure points, warm herbs and oils, non-traditional strokes, and kneading to create a balance between mind, body, and spirit. *5,000 years of Indian wisdom can't be wrong!*

Or customize your electives with other nearby adventures in Lake Nona community.
LMXP guests get full access to [LNPC](#) throughout your Limitless experience.

**LIMITLESS
MINDS**



XP

THINK BIG.
GO FAR.

