



21-23
August 2026

Leadership, Longevity, and Performance in the Intelligence Age

EXECUTIVE RETREAT

📍 Los Angeles, California

Register Here:





The Experience

A Different Kind of Executive Gathering



Small-group



Curated



Residential



Immersive

Designed for leaders navigating:

- Intelligence systems
- Performance
- Longevity
- Strategic decision-making
- Cross-sector transformation



What Makes It Different

Beyond Traditional Conferences

Not built around:

- ✗ Crowded schedules
- ✗ Nonstop panels
- ✗ Transactional networking

Designed for:

- ✓ Strategic clarity
- ✓ Long-form dialogue
- ✓ Meaningful relationships
- ✓ Cognitive reset
- ✓ Reflection and integration



Who Will Be There

Curated Executive Participation

- Executives
- Founders
- Investors
- Institutional Leaders
- Innovation Strategists

Participation intentionally limited.





Core Themes

What Will Be Explored



1

Leadership in
the Intelligence
Age



2

Longevity and
Executive
Performance



3

Cognitive
Optimization



4

Strategic
Perspective
and Systems
Thinking



5

Trust,
Alignment, and
Partnership
Building

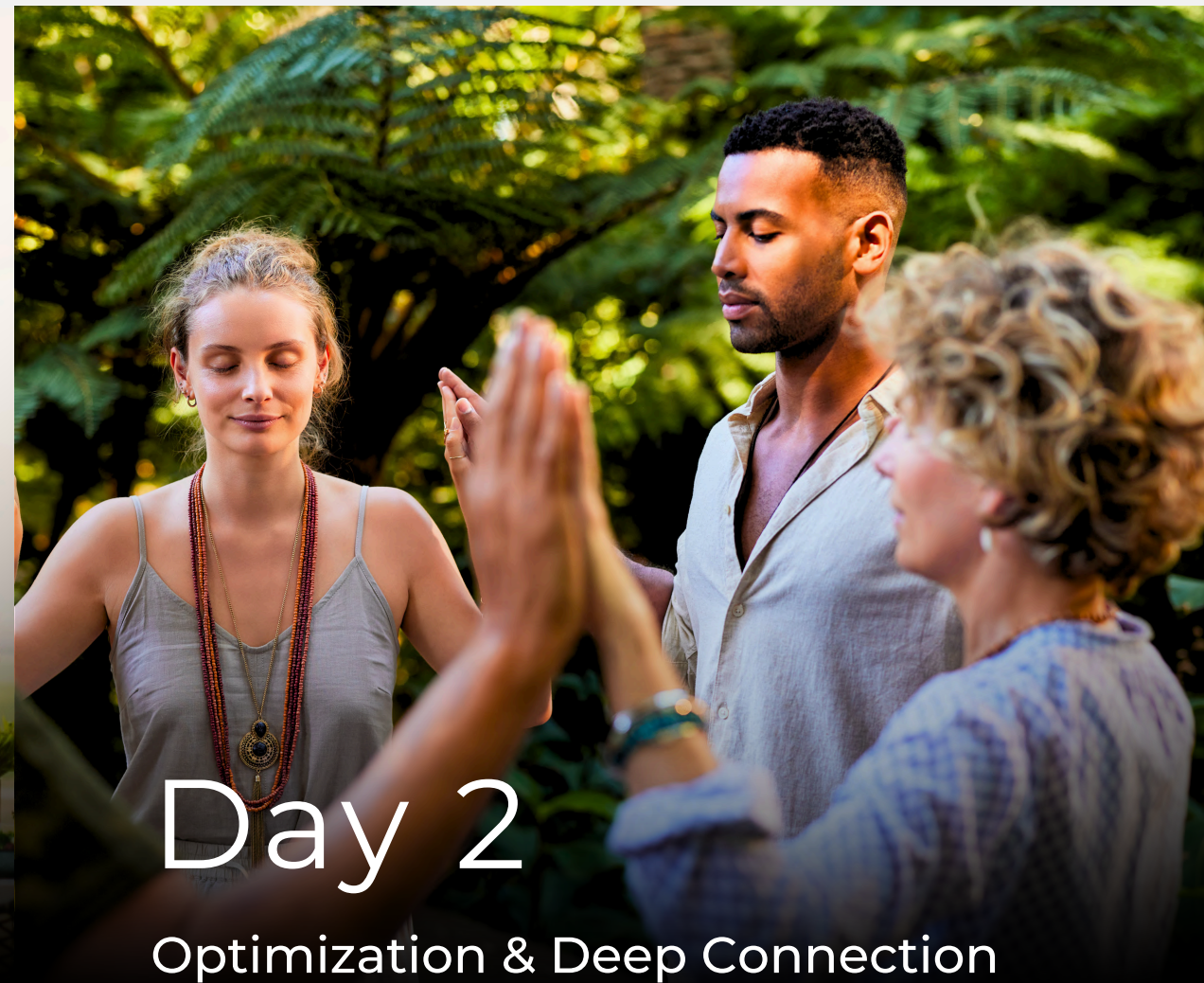
The Environment

Designed for Depth



- Residential setting
- Intentional pacing
- Curated interactions
- Private conversations
- Off-program connection
- Restoration and reflection

Three-Day Executive Journey



Welcome reception, retreat framing, guided opening sessions, curated networking experience, executive introductions

Executive performance yoga, meditation & breathwork, executive roundtables, social brunch, optional 1:1 meetings, sound bath experience, signature executive dinner

Reflection session, strategic action workshop, partnership conversations, closing circle, forward engagement opportunities



Full Retreat Schedule

Detailed program flow and experience



Day 1

Context and Introductions

Friday, August 21, 2026

Time	Activity
3:00 – 5:00 PM	Arrival, Check-In, and Informal Networking
5:00 – 5:30 PM	Welcome Remarks and Retreat Overview with Ambriel Pouncy
5:30 – 6:00 PM	Guided Opening Session with Navroop Sahdev
6:00 – 9:00 PM	The Digital Economist's Los Angeles Social Innovation Hour with Jean Criss and Adrian Roup
9:00 – 11:00 PM	Executive Leadership Dinner with Gaura Taneja



Meet the Host

Behind the Experience

Creating the space for conversations that inspire fresh thinking, meaningful connections, and purposeful action.

HOST

Navroop Sahdev

Founder and CEO
The Digital Economist



CO-HOST

Ambriel Pouncy

Chief Marketing Officer
The Digital Economist

Meet the Host

Behind the Experience

Helping every participant feel welcomed, connected, and engaged throughout the retreat experience.



DAY 1

Social Innovation Hour

Fearless by Design: Turning Adversity into Innovation

What if adversity wasn't something to overcome but something to design from? In her latest book, *Fearless by Design: Turning Adversity into Innovation*, Jean Criss explores how resilience, purpose, and courageous thinking can transform life's greatest challenges into opportunities for innovation. Participants will receive a complimentary copy of the book during the session.



Friday, August 21, 2026



7:00 - 7:15 PM

FEATURED SPEAKER

Jean Criss

Founder, Jean Criss Media

Author | *Fearless by Design: Turning
Adversity into Innovation*



DAY 1

Social Innovation Hour

The camera sees more than you think. In his newly published book, *An Audience From Anywhere*, Adrian Roup explores how authenticity, presence, and intentional communication shape trust, influence, and human connection in a digital-first world. Participants will receive a complimentary copy of the book during the session.

FEATURED SPEAKER

Adrian Roup

Filmmaker

Bestselling Author | *An Audience
From Anywhere*



Friday, August 21, 2026



7:20 - 7:35 PM



DAY 1

Ancient Wisdom for Modern Life

Bringing Eastern Philosophy into Contemporary Leadership

Ancient scriptures were written for a different world, but their deepest questions remain: How should we live, lead, and respond to uncertainty? Drawing on his extensive study of Eastern philosophy and sacred texts, Gaura Taneja will guide a dinner conversation on translating timeless wisdom into practical insight for our relationships, decisions, and everyday lives.



Friday, August 21, 2026



09:00 - 11:00 PM

FEATURED SPEAKER

Gaura Taneja

Founder and CEO
Vaikuntha Pictures, LLC



Full Retreat Schedule

Detailed program flow and experience

Day 2

Optimization and Insight

Saturday, August 22, 2026



Time	Activity
7:30 – 8:30 AM	Morning Yoga (Executive Performance Reset) with Harpinder Mann
8:30 – 9:30 AM	Breakfast
9:30 – 10:30 AM	Meditation and Breathwork with Harpinder Mann
10:30 – 11:00 AM	Break
11:00 AM – 12:30 PM	The Art of Self-Seeing: A Practice of Attention with Mitra Manesh
12:30 – 2:00 PM	Connection Lunch with Joseph “Jai” Kerr and Cam Kashani
2:00 – 2:30 PM	From Efficiency to Hospitality: Designing Machine Intelligence for Human Presence with Helen Todd
2:30 – 3:30 PM	The Power of Being: Transforming Your Challenges Into Your Desired Results with Elaine Powell
3:30 – 4:00 PM	Open Networking and Optional 1:1 Meetings
4:00 – 5:00 PM	Sound Bath Experience with Laura Velazquez
5:00 – 6:30 PM	Free Time
6:30 – 9:00 PM	Executive Leadership Dinner with Joe Adams



DAY 2

The Art of Self-Seeing

A Practice of Attention

What your attention lingers on says more than you think. Through contemplative art viewing, uncover the unconscious patterns that shape your perception and leadership.



Saturday, August 22, 2026



11:00 AM- 12:30 PM

FEATURED SPEAKER

Mitra Manesh

Senior Mindfulness Educator, UCLA Mindful
Author | The Attentionist



DAY 2

From Efficiency to Hospitality

Designing Machine Intelligence for Human Presence

We've spent decades teaching machines to think faster. What if it's time to teach them to care better? Explore why hospitality, not efficiency, may become the defining design principle for the next generation of intelligent systems.

FEATURED SPEAKER

Helen Todd

Founder, Tide Rise

Co-Founder, CincyAI for Humans



Saturday, August 22, 2026



02:00 - 02:30 PM



DAY 2

The Power of Being

Transforming Your Challenges Into Your Desired Results

The biggest breakthrough isn't changing what you do. It's changing who you're being. Discover how shifting your perspective can transform the way you navigate challenges, make decisions, and create meaningful results.

FEATURED SPEAKER

Elaine Powell

The Thought Disruptor™

TEDx Speaker Coach,

Author of T.H.I.N.K. (forthcoming)



Saturday, August 22, 2026



02:30 - 03:30 PM



DAY 2

Morning Yoga

🕒 07:30 - 08:30 AM

Meditation & Breathwork

🕒 09:30 - 10:30 AM

You can't lead from a distracted mind. Begin the day with movement, breath, and mindfulness practices that cultivate resilience, clarity, and steadiness.



Saturday, August 22, 2026

GUIDED BY

Harpinder Mann

Trauma-Informed Yoga Teacher &
Author of *Liberating Yoga: From
Appropriation to Healing*



DAY 2

Sound Bath Experience

Your calendar has been full. Your mind probably still is. Step into an immersive sound experience designed to quiet mental noise, restore balance, and create space for your next insight to emerge.

GUIDED BY

Laura Velazquez

Certified Sound Bath Practitioner,
Yoga Brazo



Saturday, August 22, 2026



04:00 - 05:00 PM



DAY 2

Connection Lunch

Engage in a conversation on gut health, Indigenous medicine, and apothecary practices, exploring how these traditions support a more holistic approach to everyday well-being. The experience includes practical insights, open discussion and Q&A, and an opportunity to sample curated botanical wellness products.



Saturday, August 22, 2026



12:30 - 02:00 PM

FEATURING

Joseph “Jai” Kerr

Wellness Advisor



DAY 2

Becoming Unfckwithable

Transforming Pain Into Power

What if your deepest wounds could become a source of power? Explore how the RISE Method can help transform unconscious patterns into greater self-trust, freedom, and intentional living, alongside insights from Cam Kashani's book, *Becoming Unfckwithable*.



Saturday, August 22, 2026



12:30 - 02:00 PM

FEATURING

Cam Kashani

Transformational Speaker,
Teacher & Coach



DAY 2

Executive Leadership Dinner

Every extraordinary journey begins with the courage to pursue possibility. In his book, *Extraordinary Aliens: Twelve People Who Pursued Wealth, Fame, and the American Dream*, Joe Adams shares remarkable stories of resilience, ambition, and determination that redefine opportunity and the pursuit of the American dream. Participants will receive a complimentary copy of the book during the session.



Saturday, August 22, 2026



7:00 - 7:15 PM

FEATURED SPEAKER

Joe Adams

Founder | JAESQ

Author | *Extraordinary Aliens*



Full Retreat Schedule
Detailed program flow and
experience



Day 3

Integration and Strategy

Sunday, August 23, 2026

Time	Activity
8:00 – 9:00 AM	Breakfast and Informal Networking
9:00 – 10:00 AM	Vocal Intelligence: The Original Operating System for Human Leadership with Mellini Monique
10:00 – 11:00 AM	Strategic Action Session with Navroop Sahdev and Ambriel Pouncy
11:00 – 11:30 AM	Closing Circle
11:30 – 12:00 PM	Departure and Farewell



DAY 3

Vocal Intelligence:

The Original Operating System for Human Leadership

Your voice enters the room before your ideas do. Discover your Vocal Intelligence and learn how trust, influence, and leadership begin long before anyone remembers what you said.



Sunday, August 23, 2026



09:00 - 10:00 AM

FEATURED SPEAKER

Mellini Monique

Founder, VOXVERSA



Carolyn Lai

Summer Ambassador
The Digital Economist

People Behind the Experience

Supporting the moments that turn
meaningful conversations into lasting
relationships and shared momentum.

A portrait of Faraz Khakpour, a man with dark hair tied back, a beard, and glasses, wearing a dark blazer over a black shirt. He is standing in front of a large window with a view of greenery.

Faraz Khakpour

Certified Personal Chef

Culinary Experience

Leadership engages the mind. Great food engages everything else.

Experience thoughtfully crafted cuisine that invites you to slow down, savor the moment, and be fully present.



What Participants Leave With



Strategic
Clarity



Performance
Reset



Expanded
Executive
Relationships



New
Partnership
Opportunities



Long-Term
Network Access



Participation Experiences

Experience	Designed For	Includes
Executive Access <i>(Non-Residential)</i> \$2,500	Los Angeles-based executives or offsite participants	• Full Day 1–3 programming access • Wellness sessions • Executive roundtables • Networking experiences • Attendance at Social Connection Lunch & Dinner
Executive Residential <i>(Immersive Stay Experience)</i> \$3,500–\$4,500	Participants seeking a fully immersive retreat experience	• Everything in Executive Access • 2-night stay • Extended off-program access • Informal executive gatherings • Additional networking opportunities • Morning & evening connection sessions
Executive VIP <i>(Enhanced Executive Access)</i> +\$1,000–\$2,000 Add-On	Participants seeking enhanced access and personalized engagement	• Private practitioner sessions • Curated introductions • Priority seating experiences • Closed-door discussions • Personalized engagement opportunities

Join the Executive Retreat



Curated participation process.
Register via [Luma](#).