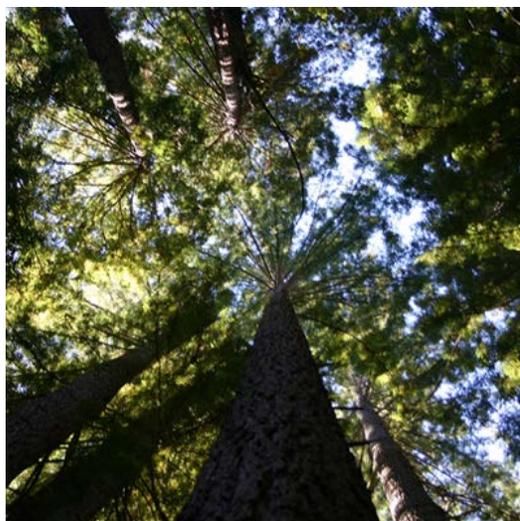




Dynamic Neural Retraining System™ at Skylonda Lodge



Schedule

Day 1 5:30 pm – 6:30 pm
Meet and Greet
Dinner

6:30 pm – 9:00 pm
Seminar

Day 2-4 9:00 am – 9:45 am
Breakfast

10 am – 12:30 pm
Seminar

12:30 pm – 1:30 pm
Lunch

1:30 pm – 5:30 pm
Seminar

6:00 pm – 7:00 pm
Dinner

Day 5 8:15 am – 9:00 am
Breakfast

9:00 am – 12:00 pm
Seminar & Wrap Up

* There are also a number of small breaks throughout each day.

DNRS 5-Day Neural Rehabilitation Program Woodside, CA

(40 minutes south of San Francisco SFO
and San Jose SJC)

Sign up before our Early Bird
Deadline and save \$300

Please note prices are in USD

4 night accommodations
and meals included.

Limited seating.
This is a scent-free environment.

For dates and times, please
visit our website
retrainingthebrain.com

Skylonda Lodge is nestled in the hills of Woodside CA which provides an ideal learning environment in balance and serenity with nature.

Skylonda Lodge is a peaceful and private sanctuary that is conveniently located close to San Francisco and San Jose. It is nestled in midst of redwood forests on 16 acres in the hills of Woodside, California.

This peaceful sanctuary offers an ideal learning environment

that is private and far away from stressors and demands of our day-to-day lives. Retrain your brain, relax and rejuvenate at this unique healing oasis.





Accommodations

- 4 night accommodations included starting the first day of the program.
- Check In time: After 2:00 pm. Please do not arrive on grounds before 2:00 pm. Check out is 11 am on the last day of the program. Luggage can be stored in the lobby on the last day.
- Please ensure travel arrangements allow you to be present for the entire program.
- All guest rooms have carpeting that is off-gassed and cleaned with environmentally-aware cleaners.
- All rooms have access to fresh air.
- Rooms will be cleaned with water and vinegar prior to event. Linens are washed in unscented Betco Duet-S.
- Guests can bring their own towels and linens if needed.
- All rooms are single or double occupancy and come with full private washroom.
- This whole property has been rented for participants of DNRS.
- The property also has a spa that includes a saline pool and dry sauna.
- HVAC filters and ceiling filters are replaced 3x a year.
- Please also bring bathrobe & slippers, alarm clock, refillable water bottle, comfortable clothing & shoes.

Additional Accommodations Notes

- Provided that there is room, non-participating supporting caregivers may stay in the same room as the participant for an extra fee of \$860 USD for the 5 days and 4 nights (for meals and accommodations) Non-participants must also follow our [Scent-Free Guidelines](#).
- On-site parking available.
- Additional nights before and after the program are based on availability and are the responsibility of the participant to arrange directly with the DNRS Registration Department.



Meals

- All meals are included during your stay starting with the Meet and Greet dinner at 5:30 pm on the first day of the program and ending with breakfast on the last day.
- All meals include meat and vegetarian options.
- Gluten-free and lactose-free options are available.
- Local and organic foods are used as much as possible to provide well-rounded and nutritious meals.
- **Each dish on the buffet table has a card that lists all ingredients in that dish.**
- Sample of Daily Menu can be found on page 6.
- All participants will be required to complete a Dietary Request Form.
- Non-participating guests may have their meals with the group providing that they also follow our [Scent-Free Guidelines](#).

Additional Meals Notes

- At DNRS we endeavor to create a healthy learning environment for all. However, we cannot guarantee that each venue will be suitable for everyone due to circumstances beyond our control. If this is a great concern for you, we would recommend that you purchase the DVD along with personalized coaching to ensure that you are on the right track to recovery.

Getting There

- Skylonda Lodge is in San Mateo County in the small community of Woodside CA. Population 5,000.
- It is a 40 minute drive south of San Francisco Airport (SFO) and 45 minute northwest of San Jose Airport SJC.
- It is located six hours north of Los Angeles and two hours south of Sacramento CA.

Transportation

- RYM Transportation Service LLC
 - www.balimoservices.com
 - T. (408) 590-2855, (510) 369-1185
 - \$125-175 one-way; \$250-350 round trip (rates do not include gratuity)
- Execu Car
 - www.execucar.com
 - T. 1 (800) 258-3826
 - \$108-158 one-way; \$216-316 round trip (rates do not include gratuity)
- Uber
 - www.uber.com
 - Schedule your pick up via the Uber app ahead of time
 - UberX: \$45-60 (rates do not include gratuity)
- Smart Shuttle and Limousine
 - <http://www.smartshuttle805.com>
 - Offers door-to-door pick up from LAX/BUR/SBA for \$75. Second person rides free or 10% off.

Skylonda Lodge

16350 Skyline Boulevard
Woodside, CA 94062
800-758-7163
skylondalodge.com



- **Driving from San Francisco Airport:** Get on US 101 from Airport Access Road and follow to CA-92 W/State Hwy 92W to CA-35 (14.3 miles). Turn left onto CA-35 (10.8 miles). Destination will be on your right.
- **Skylonda is located in a wooded area along a windy road about 20 minutes from Palo Alto.** It is recommended to travel there during daylight hours.

Additional Notes

- If you plan on arriving a day or more before the program, or plan to stay an extra day or two after the program, it is highly recommended that you book your off-site accommodations as early as possible.
- If there are no rooms available prior to the start of the program – or after your stay – you may consider booking your accommodations in nearby hotels or bed and breakfast lodges along HWY 82 located a half hour from the lodge.
- Please ensure that travel arrangements allow you to be present for the entire program.
- We are proud to partner with Skylonda Lodge and their commitment to provide excellent service while keeping environmental awareness in mind.

What Others Are Saying About the DNRS In-Person Program

"This is an amazing program that many more people should take advantage of. It is easy to follow and understand. The course instructors were very passionate and inspirational. The class feels like a new family" - Patti

"I was nervous and the instructors quickly created an atmosphere that was conducive to trust, caring and learning. They are truly inspirational. The program was informative, but fun - it engaged me fully! I had a break-through every day!" - Dana

"The instructors were amazing - so genuine and inspiring. The last evening here was like a party! It is so life changing! Thank you so much!" - Diana

"This course is life changing! Loved the group dynamic and instructors" - Codey

"I didn't want this to end! It was an amazing trip!" - Paul

"Instructors were wonderful! I couldn't imagine anyone more kind, positive and caring!" - Mary

"Your story is encouraging. You are a living example that wellness is possible. Being in a group was so helpful. We gave strength and encouragement to each other. I didn't feel so alone. Thank you from the bottom of my heart. Please come back." - Julia

"Darn you're good! Great combination of "seriousness" and play. One of the best investments I have ever made!" - Cheryl

"Such an immense privilege to be part of the program under the teaching of 2 remarkable women. Thank you!" - Laurie

"The course instructors had awesome energy and knowledge. They genuinely 'get' us and care. Made it easy to relax. This was such a positive experience. Well worth the investment" - Vivian

"I don't want to go home!" - Jane

"This is beyond what I expected! You demonstrated a way of being and interacting that inspires me. Thank you!" - Joan

"This course saved my life. I am not having back pain at night. I have a clearer mind. I sleep better and am more energetic. I don't react to smells like I used to. I feel like I've been born again." - Carmen

"I wish I had found you years ago, but I'm just happy I have found you now. Thank you for the amazing gift you've given me this week of recapturing my life back!" - Geri

"This program is invaluable. I am so grateful to have found out about this. I love the sense of connection and community" - Leslie

"My improvement after five days is beyond my wildest hopes and dreams!" - Lille

[Click here to register for DNRS Interactive Seminar at Skylonda Lodge in Woodside California](#)

Limited Seating.

Sign up before the Early Bird Deadline and save!

SAMPLE MENU

Caterer's Note: *We are committed to using local organic, sustainable products when available.*

Monday through Friday Snacks 11 am & 3pm

fresh fruit & nuts, veggies, granola bars. *Always available:* Iced tea, coffee & tea

Monday Dinner

hearty vegetarian chili -gf, vegan
caesar salad - dressing & croutons on the side
grilled chicken thighs – gf
tilapia
chips & salsa -gf, vegan
gluten free oatmeal cookie ice cream sandwiches

Breakfast Daily

fresh fruit, egg & vegetable scramble/frittata, granola/cereal, yogurt, bacon/sausage, GF bread, croissants & homemade Jam, peanut butter & almond butter, avocado toast, orange juice

Tuesday Lunch

lentils, roasted beet, carrot, arugula & feta salad with a honey lemon dressing – gf
sliced roast turkey breast
grilled eggplant – gf, vegan
tuscan kale salad with mint, citrus, apple & sprouted pumpkin seeds – gf, vegan
artisan breads & butter
flourless chocolate brownies with walnuts

Tuesday Dinner

sesame rice noodles with sugar snap peas, carrots & scallions
shrimp with coconut milk, lime, leeks & bok choy
grilled tritip thinly sliced
spicy sweet slaw – dressing on the side
macha cup cakes

Wednesday Lunch

quinoa stuffed bell peppers – gf, veg
roasted rosemary sweet & red potatoes
romaine, endive & radicchio salad with parmesan, gf croutons & a grain mustard basil vinaigrette- all adders on side
white chocolate bark with pistachios, mango & young coconut

Thursday Lunch

lentil, beet & arugula salad with lemon mint dressing, on the side
grilled hamburgers
grilled quinoa black bean burgers
tomato, lettuce, cheese, vegan cheese & condiments
steamed broccoli & cauliflower with kale pesto on the side
vegan cookies

Thursday Dinner

salmon piccata – sauce on side
roasted chicken thighs
brown rice with mushrooms & onions
roasted winter vegetables
arugula salad with walnuts, goat cheese & asian pears – lemon dressing on side
sticky toffee pudding – gf, vegan