

# Jai Ultra

PERFORMANCE  
ENHANCEMENT  
WORKSHOP  
FOR OPTIMUM  
HEALTH



Join Ultraman Rich Roll and Vegan Chef and Yogi Jai Seed  
June 26,2010, at JAI HOUSE, our sacred architectural jewel in the Santa  
Monica Mountains

## Schedule

**8:00 - 10:100** Bike / Trail Run  
TBD

**10:00 - 12:00** Swim / Stroke  
Clinic with Rich Roll

**11:30-1:00** Recovery lunch,  
cooking class with Jai Seed  
Mini Massage and Energy  
balancing sessions

**1:30-3:45** "Making the Shift":  
moving to a plant strong

lifestyle to enhance your  
performance. Rich Roll

**4:00-6:00** yoga and  
meditation with JAI Seed.  
Strong yoga flow, modern  
music. Please bring a yoga  
mat, towel. You will sweat.

**\$121-** in advance, \$148 at the  
door. Includes, swim clinic,  
lunch, cooking demo, mini  
massage & healing sessions,  
recipe book, yoga/ meditation,  
and JAI elixir.



Pre-register at [seed@jaisseed.com](mailto:seed@jaisseed.com)  
address and final details will be provided  
upon registration.