The Rest & Renewal Experience

PACKAGE DETAILS

CREATING HOPE FOR LIVING WELL

SANTA CRUZ COUNTY, CALIFORNIA | 1440.ORG
“There is nothing better than standing in front of the wood-burning fireplace early in the morning or in the evening, sharing a bit of warmth and light with others.”

—PAST GUEST
Imagine treating yourself to a different kind of getaway – one that nourishes your body, strengthens your mind and energizes your spirit. Instead of succumbing to the chaos of the day, you sink into the calm awareness of the present. You break out of your old routine in order to explore a new side of who you are and what is important to you, and discover passions you didn’t know existed. This is 1440 Multiversity, a “human charging station” from which you will leave with more energy than when you arrived and a place for you to experience the 1440 minutes of time we have each day just a little bit differently.

Nestled in the Santa Cruz Mountains, 1440 Multiversity is one of the nation’s leading learning destinations, and a Rest & Renewal package affords the opportunity to indulge in an all-inclusive stay at your own pace. Seasonal farm-to-table meals are prepared for you three times per day at Kitchen Table. Daily signature classes invite you to participate in qigong, nature walks, cooking demos, meditation, and other embodied movement and creative expression offerings. Enjoy the forest surroundings by way of 4 miles of nature trails, and float beneath the stars in the infinity hot tub at the Healing Arts center before a restful night’s sleep in custom designed guest rooms. Whether you travel to campus by yourself or share the experience with a friend or loved one, this may be the most beneficial trip you ever take — we provide opportunities; you choose what’s right for you.

As a 501(c)(3) charitable organization since inception, 1440 serves the natural world as a catalyst in the pursuit to help you Live, Lead, Love, Work and Wonder Well with the 1,440 minutes you have each day. We look forward to having you stay, explore, and discover an energy where anyone can be inspired to pay forward in community building. See you soon at our 1440 Multiversity campus in the Santa Cruz Mountains.
A Getaway Serving Self & Society

What sets Rest & Renewal stays apart

**1440 Multiversity offers the variety** of learning opportunities, inspiring outdoor and indoor settings, and thoughtful accommodations to provide a fulfilling stay that won’t soon be forgotten. These differentiators allow guests to arrive and immerse themselves in the campus — with open mind and heart — as it is meant to be experienced.

**All-Inclusive Package Pricing**
All 1440 Multiversity stays include your choice of accommodations; fresh seasonal meals served at Kitchen Table three times a day (beginning with dinner on check-in day and concluding with breakfast at check-out); light beverages and healthy bites at Common Grounds (wine and beer are extra); overnight self-parking; Wi-Fi internet access; signature classes and faculty workshops; and access to our 75-acre wooded campus that includes the infinity-edge hot tub, nature trails, Lodge retail shop, and Fitness Center.

**Signature Classes**
All guests at 1440 have access to a variety of signature classes offered up to three times per day, which may include nature walks, embodied movement, art, sound baths, drumming, and more. Taught by 1440 Experience Instructors, classes allow exploration of new interests and a way to reconnect with yourself and other guests.

**Travel with a Purpose**
1440 embraces five learning pillars — Live Well, Lead Well, Love Well, Work Well, and Wonder Well — and each co-create our vision of creating hope for living well as we all work together to inspire and enrich the world. Every booking made with 1440 provides a donation to a mission-aligned nonprofit in need and supports our philanthropic initiatives so these organizations can help foster this work in the communities we serve. A stay at 1440 impacts the community while energizing our visitors, as well.

**Mindful and Seasonal Culinary**
What we put in our bodies directly impacts our health and wellbeing, and the culinary program at 1440 is designed with a “Food As Medicine” approach to aid in your self-growth journey. In addition to meals that are fresh, nutritious, and savory, ingredients are sourced from a 300-mile radius of campus which allow us to financially support our local farms, too.

**Faculty Workshops**
Find inspiration and energy in workshops designed to help you find a path to embodied joy and hope. Learn from curated 1440 faculty members who specialize in topics around wellbeing, personal/professional growth, grief, healing, leadership, and more.
Some might come to a learning destination like 1440 in search of belonging, wholeness or connection. Part of what I see happening here is a subtle reminder that we are all part of the shared community of living beings and as such, are intimately engaged with the flow, breath and being of Nature.”

— GARY MARCOCCIA, 1440 EXPERIENCE INSTRUCTOR AND NATURE GUIDE
## Sample Rest & Renewal Itinerary

### Set your intention for a meaningful campus stay

**Rest & Renewal stays at 1440 Multiversity** are all-inclusive, and feature daily nourishing meals served in Kitchen Table, beverages and bites at Common Grounds, the infinity jacuzzi tub at the Healing Arts center, and a wide-ranging selection of indoor and outdoor signature classes and activities. The possibilities for a unique learning experience and lasting memories are endless. **Please note:** All classes are optional so that you can rest and renew at your own pace.

### THREE-DAY SAMPLE ITINERARY

<table>
<thead>
<tr>
<th>TIME</th>
<th>ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DAY 1</strong></td>
<td></td>
</tr>
<tr>
<td>2:00 — 4:00 p.m.</td>
<td>Arrivals &amp; Registration — Make yourself at home</td>
</tr>
<tr>
<td>3:00 — 5:00 p.m.</td>
<td>Teaching Kitchen Open House — Learn about Food As Medicine</td>
</tr>
<tr>
<td>4:00 — 5:00 p.m.</td>
<td>Guestroom Check-In — Settle in</td>
</tr>
<tr>
<td>5:30 — 7:30 p.m.</td>
<td>Dinner in Kitchen Table — Nourish yourself</td>
</tr>
<tr>
<td>7:00 — 10:00 p.m.</td>
<td>Live Music at Common Grounds — Socialize in community</td>
</tr>
<tr>
<td>7:30 — 8:30 p.m.</td>
<td>Evening Signature Class (examples: Sound Journey or Drumming) — Relax</td>
</tr>
<tr>
<td><strong>DAY 2</strong></td>
<td></td>
</tr>
<tr>
<td>7:15 — 8:15 a.m.</td>
<td>Morning Signature Class (Examples: Yoga, Meditation, or Pilates) — Tune in</td>
</tr>
<tr>
<td>8:00 — 9:00 a.m.</td>
<td>Breakfast in Kitchen Table — Nourish yourself</td>
</tr>
<tr>
<td>9:30 — 11:30 a.m.</td>
<td>Faculty-Led Workshop (Examples: Cultivating Creativity or Living a Joyful Life)</td>
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<tr>
<td>12:00 — 1:00 p.m.</td>
<td>Lunch in Kitchen Table — Nourish yourself</td>
</tr>
<tr>
<td>1:00 — 6:00 p.m.</td>
<td>Rest &amp; Renewal Time — Revitalize</td>
</tr>
<tr>
<td>2:30 — 4:00 p.m.</td>
<td>Afternoon Signature Class (Examples: Forest Bathing or Printmaking Art Class)</td>
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<tr>
<td>5:00 — 6:00 p.m.</td>
<td>Teaching Kitchen Open House — Learn about Food As Medicine</td>
</tr>
<tr>
<td>6:00 — 7:00 p.m.</td>
<td>Dinner in Kitchen Table — Nourish yourself</td>
</tr>
<tr>
<td>7:30 — 8:30 p.m.</td>
<td>1440 Signature Class (Examples: Candle-Lit Yoga or Embodied Joy) — Relax</td>
</tr>
<tr>
<td>8:30 — 10:00 p.m.</td>
<td>Live Music at Common Grounds — Socialize in community</td>
</tr>
<tr>
<td><strong>DAY 3</strong></td>
<td></td>
</tr>
<tr>
<td>7:15 — 8:15 a.m.</td>
<td>Morning Signature Class (Examples: Tai Chi or Qigong) — Tune in</td>
</tr>
<tr>
<td>8:30 — 9:30 a.m.</td>
<td>Breakfast in Kitchen Table — Nourish yourself</td>
</tr>
<tr>
<td>9:30 — 11:00 a.m.</td>
<td>Mid-Morning Signature Class (Examples: Guided Nature Walk) — Energize</td>
</tr>
<tr>
<td>11:00 a.m.</td>
<td>Checkout and Departures — Reflect</td>
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</tbody>
</table>
“Whether you relax into moments of curiosity by walking along the redwood trails, sharing locally sourced meals at Kitchen Table or connecting with others around the fire pits outside Common Grounds café, you can spend your moments here being present with whatever comes up for you.”

—JOANIE KRIENS, 1440 MULTIVERSITY CO-CREATOR
Home Away from Home
Campus amenities & overview

The 75-acre 1440 Multiversity campus offers thoughtful amenities to complement your Rest & Renewal experience, ensuring that you are well taken care of to maximize your learning for better living. For more information on these offerings, please visit 1440.org.

Kitchen Table
All guests are provided with three meals per day, served with care and creativity at Kitchen Table anytime during the meal service periods. Local wines and craft beer are available for purchase with dinner, as well.

Signature Classes
An important part of the campus experience is 1440 Signature Classes, curated to help guests re-energize and raise their self-awareness to living a more balanced life. Held up to three times per day, classes vary by day and time, are taught by 1440 Multiversity Experience Instructors, and include:

- **Art & Creative Expression**: Zentangle®, Printmaking, Improvisation, and Celebrate through Drumming
- **Nutrition & Wellness**: Foods to Optimize Immune System Function and Adversity, Resiliency, Joy
- **Embodied Movement & Meditation**: Yoga; Qigong; Tai Chi; Meditation in Nature; Candlelight Yoga and Meditation; Good Morning Movement and Meditation; Stretch and Breathe; Sunrise Yoga; Wellness in the Workplace: Mindfulness Practices; and Sound Journey

Common Grounds Café
Common Grounds café serves light bites and beverages, from the first cup of cappuccino in the morning to a glass of wine to close out the day. Relax in Adirondack chairs on the patio or on the cozy indoor couches, enjoy freshly baked cookies and gelato between meal periods, or savor a cup of local Verve coffee, spiced chai, wine or beer outside by the fire pits.

Sundries
Retail shopping on campus is open exclusively to registered guests, and includes a variety of educational, inspirational, and practical items to complement learning work both on campus and when returning home. A selection of books, clothing, accessories, and jewelry (with an emphasis on local vendors and fair-trade items) is available along with convenience items.
Nature Trails
A mindful, leisurely stroll along redwood-lined campus trails is a significant part of the integrated wellness experience for guests, helping supplement their self-discovery work. The Mother Tree, an old-growth redwood believed to be over 1,000 years old, towers over the campus Cathedral, an especially serene place to enjoy a moment of reflection.

Healing Arts Center
Make sure to bring your bathing suit to relax in the 250-square-foot infinity-edge hot tub overlooking the redwood forest. This special place is perfect for soaking under the stars or during breaks between class times.

Fitness Center
Our 1,400-square-foot Fitness Center is well-equipped with weights, ellipticals, stationary bikes, a treadmill, and more. Work out inside with a view of the redwoods or bring props onto the patio to exercise in the fresh air.

State Parks & Beaches
1440 is located 9.5 miles from the Santa Cruz Boardwalk and Seabright Beach; 12 miles from Henry Cowell Redwoods State Park; and 13 miles from Seacliff Beach.

Campus Health & Safety
The health and safety of our guests and employees is our priority. Please visit 1440.org/healthsafety to read about the comprehensive steps we are taking to keep you comfortable.
This is like a camp for adults. The buildings are beautiful. The meals were inventive and very well prepared. I’d come back here in a heartbeat.”

—PAST GUEST
ALL GUESTS ON CAMPUS GATHER IN KITCHEN TABLE – the grand dining space on campus – for breakfast, lunch and dinner to enjoy freshly prepared seasonal meals that include savory soups, delicious simple-fare options, hearty main courses, and sweet desserts at dinnertime. Seating has been modified both indoors and outdoors to accommodate plenty of personal space for safe social distancing.

A wood-burning fireplace warmly welcomes guests at the entrance to Kitchen Table, and once inside, a variety of dining stations offer dishes topped with organic ingredients and garnishes from Joanie's Garden on campus, plated and served by the 1440 Multiversity culinary team. Guests then choose a table in the expansive indoor dining area or alfresco overlooking the redwoods.

The 1440 Multiversity culinary team – led by Executive Chef Jose Fernandez – enjoys a creative approach to seasonal dining with colorful aromatic ingredients that inspire its cuisine. Each week the 1440 Multiversity campus forager procures the freshest products from local growers, and chefs use their harvests to create wholesome, flavorful meals. The nearby Salinas Valley and city of Watsonville are known as the “Salad Bowl of the World” for the abundant produce they grow, pack and ship across the nation and abroad, and 1440 is blessed to source directly from them.

The menu offerings at 1440 Multiversity were established with the notion that nutrition is a critical component for physical and emotional health and healing. With that in mind, the 1440 Multiversity culinary team operates mindfully and with a “Food As Medicine” approach, and the team and the guests it serves takes comfort in seeing and knowing where these ingredients originate from.

Menus at 1440 vary daily, with gluten-free and vegan options at every meal. All produce is sourced from within a 300-mile radius and often paired with organic meats and seafood from partners dedicated to sustainable and humane practices. From simple fare to wholesome favorites, the 1440 Multiversity culinary team personally plates each meal to preserve freshness – it is their pleasure to surprise guests every day with cuisine that is as innovative as it is nourishing.
Extraordinary location in the beautiful redwoods, incorporating waterworks and art, staff that went out of their way, and delicious healthy food. The yoga and qigong classes were also a marvelous experience.”

—PAST GUEST
A visit to campus gifts the opportunity to explore your passions and interests in a safe community of instructors and fellow guests. Signature classes at 1440 range from creative, to physical, to introspective, and more – all designed to awaken your mind, body, and spirit.

There are dozens of classes on a rotating schedule, and up to three classes per day are included complimentary with your stay. In addition to mindful movement, nutrition, and art classes, some favorite signature classes are:

- **Nature Impressions**: Engage your tactile senses as you choose leaves and branches from the campus forest to imprint on a gel plate, creating beautiful art while being present in the moment interacting with nature’s bounty.

- **Five Element Flow in Nature**: Connect to nature and your internal energy in this outdoor qigong experience, where you will walk to picturesque locations around campus to experience these elements and practice specific qigong movements for your inner energy systems.

- **Stick Fitness**: Discover Stick Fitness, an innovative and playful approach to personal health and wellbeing. Stick Fitness incorporates the use of rattan, bamboo and liquid sticks to explore new and novel stretching techniques while using natural movements to benefit posture, cardiovascular health, coordination, balance, strength and more. Learn new skills toward improved physical fitness and brain health and have a fun while practicing.

- **Meditation**: Meditation is the practice of quieting the mind, and it cultivates the ability to respond to life with calmness, neutrality and conscious choice. Whether you are new to this practice or have meditated for years, this class will provide contemporary instruction in the core mindfulness practice of breath meditation. Experience guided and silent meditation infused with conscious breathing to awaken your body and mind.

Explore our Signature Classes online: Visit 1440.org/signature-classes to practice in the comfort of your own home.
I could write a whole love letter! I have never felt more loved and genuinely cared for in my life.”

— PAST GUEST
Accommodations

Decompress and revitalize in comfort

The perfect place to get a restful night’s sleep among the nature sounds of the Santa Cruz Mountains, 1440 offers several guest room options for both solo and group travelers.

All accommodations at 1440 are intentionally void of TVs and phones so guests can unplug, reflect and avoid the unintended consequences of technology — each building is equipped with Wi-Fi for personal devices. To lower the carbon footprint, guest buildings also include water bottle filling stations and all rooms can be accessed via staircases without using an elevator (which remains available if needed). Guests may select among the following accommodations.

Premium, Deluxe & Classic Suites
The most spacious guest room option, Suites are located in the Sayanta, Trillium, Oak and Madrone buildings and include one king or two queen beds; sitting area with sofa or lounge chairs and reading lamps; desk/vanity table; coffee/tea station; in-room safe; and en suite bath.

Premium Balcony Rooms
These large rooms in the Sayanta Building feature either one or two beds, a private bathroom, and a balcony with views of the forest or overlooking the campus grounds.

Deluxe Rooms
Located in the Sayanta and Trillium buildings, Deluxe Rooms feature either one or two beds and a private bath.

Classic Rooms
Located in the Oak and Madrone buildings, Classic Rooms feature one bed and a private bath.

Interested in learning more? Take a virtual tour of our guest rooms at 1440.org.
People who know me know I am a man of many words…this time, though, it only takes a few. This is a very special place. The perfect intention is set the moment you step foot on the grounds. I cannot recommend this facility enough for personal, professional or spiritual development. From start to finish, it was an amazing experience.

“

The experience I received changed my life and personal outlook. It was beyond my expectations.”

— PAST GUEST
FROM STATE-OF-THE-ART custom-designed rooms to 4 miles of scenic redwood trails, you’ll find the spaces and places you need to dive into new experiences.

The Lodge is our welcoming center. Amid massive wooden beams, stone pillars, and copper and iron accents, relax in leather chairs and cozy couches or sit on the outdoor patio to enjoy a book or community.

Kitchen Table is the defining communal element of campus. Gather for healthy, seasonal and locally sourced cuisine while sitting by the fireplace or dining al fresco overlooking the forest canopy.

Classroom spaces like Outlook, Redwood and Sanctuary feature leading-edge technology and acoustics. A special spot is the Cathedral of redwoods, where you’ll find the Mother Tree, estimated to be over 1,000 years old.

The Teaching Kitchen is a unique experience with creative cooking demos and hands-on classes. Joanie’s Garden surrounds the space and grows seasonal heirloom produce and edible flowers used in campus cuisine.

Enjoy a peaceful night’s sleep in one of our guest room buildings – Trillium, Sayanta, Oak or Madrone – and a workout at the Fitness Center. A dip in the Infinity Hot Tub, located at Healing Arts, is the perfect end to a fulfilling day of rest and renewal.

*Please Note: Facilities and amenities, including check-in location, may vary based on local and state guidelines and mandates. Guests will receive periodic updates during their stay.
Within easy reach of the famed surf town of Santa Cruz along California’s iconic Highway 1 and the cosmopolitan energy of San Francisco, 1440 Multiversity is uniquely positioned in world-renowned Northern California. While 1440 is a private campus, anyone can visit the campus by booking a stay, workshop, or private event that combine unique learning experiences with the natural beauty and sights of this extraordinary coastal destination.

Airport Proximity
1440 Multiversity is conveniently located near the following major airports. Please note that the campus does not offer a shuttle service.

- **San Francisco International Airport (SFO):** 55 miles
- **Norman Y. Mineta San Jose International Airport (SJC):** 27 miles
- **Monterey Regional Airport (MRY):** 48 miles

Extend Your Stay
Guests can extend their stay at 1440 by enjoying a wine tasting in Santa Cruz County, a visit to Cannery Row in Monterey, a long drive across the Golden Gate Bridge to Sonoma or Napa, or a leisurely stroll along the trails and through the ancient redwood trees of Scotts Valley. Whether you crave outdoor adventure, diverse food, unique culture, or scenic beaches and ocean views, you’ll find many exciting things to do in Santa Cruz and the surrounding Bay Area, just beyond our redwood campus.

Book Now
Please visit the Community Learning Events Calendar at 1440.org/events to view dates, availability and online booking for Rest & Renewal stays. To speak with a 1440 Multiversity team member, please reach out via email, phone or online chat on our website.

- **Email:** inquiries@1440.org
- **Phone:** (888) 727-1440
- **Online Chat:** 1440.org (bottom right of screen)