

CALDERA HOUSE

The Jackson Longevity Retreat

Thursday December 5

4:00 PM - 6:00 PM

Check-In & Arrival

Upon arrival, guests are greeted with seamless airport shuttle service to the elegant Caldera House. A luxurious tasting board awaits, featuring fondue, charcuterie, and a carefully curated selection of artisanal delights from Chef Kory, setting the tone for an experience of adventure, nourishment, and indulgence.

6:00 PM - 8:00 PM

The Fundamentals of Nature: Welcome Session & Dinner

Location: Caldera House | Level 2

A heartfelt welcome introduces you to the essence of the retreat, followed by an immersive guided breathing session. This session invites deep reflection and sets the foundation for group connection, while exploring the art of breath as a gateway to personal transformation.

8:00 PM - 10:00 PM

Free Time

Location: Caldera House | Level 3

Unwind in the outdoor hot tub or sauna, surrounded by the serene mountain landscape. Engage in conversation around the crackling fire, or choose to participate in longevity practices, technology, and curated supplements that prepare your body for the days ahead.

Friday December 6

7:00 AM - 8:00 AM

Caldera Breakfast

Location: Level 2, Corsa Restaurant

Begin your day with ample free time to enjoy curated coffee elixirs, tea, and savor a light yet wholesome breakfast featuring functional, homestyle dishes crafted by Chef Kory, designed to fuel your body while honoring local flavors and seasonal ingredients. We recommend a lighter breakfast before the morning breathing session and practices.

8:00 AM - 10:00 AM

The Art of Breath

Location: Caldera House | Level 5

Begin the day with a deep dive into the mechanics of functional breathing, led by Sam. Learn how to harness your breath as a tool for self-regulation and nervous system mastery. Through Sam's unique techniques, discover how breathwork enhances performance and cultivates balance in everyday life.

10:00 AM - 11:30 PM

Caldera Brunch + Free Time

Location: Caldera House | Level 5

Savor a wholesome brunch featuring functional, homestyle dishes crafted by Chef Kory, designed to fuel your body while honoring local flavors and seasonal ingredients

11:30 AM - 3:45 PM

Grand Teton National Park Adventure

Location: Grand Teton National Park

Venture into the breathtaking wilderness of Grand Teton National Park. This exclusive adventure includes a revitalizing cold plunge at Taggart Lake, scenic vistas, and a gourmet picnic spread featuring Chef Kory's functional foods and handcrafted elixirs—truly an experience that connects body and soul to nature.

4:30 PM - 5:30 PM

Restorative Yoga

Location: Caldera House | Level 1

After a long day of adventure, stimulus, and exploration, shift gears with an intentionally crafted restorative yoga practice to downregulate your nervous system and set the tone for rest, rejuvenation and regeneration.

6:30 PM - 9:00 PM

Off-Piste Dining Experience and Fireside Chat with Special Guest

Location: Caldera House | Level 5

Indulge in a culinary adventure like no other featuring 'a taste of Jackson' 5 course meal sourced from local farms and delicacies plus a special guest appearance.

10:00 PM - 11:00 PM

Follow The Light - Evening Hot Springs Experience (optional)

Location: Natural Hot Springs (Offsite)

Embark on a torch-lit journey to natural hot springs under the Wyoming night sky. Bask in the serenity of this hidden gem, surrounded by stars, for an unforgettable night time immersion.

Saturday December 7

7:00 AM - 8:00 AM

Caldera Breakfast

Location: Caldera House | Level 2

Begin your day with ample free time to enjoy curated coffee elixirs, tea, and savor a light yet wholesome breakfast featuring functional, homestyle dishes crafted by Chef Kory, designed to fuel your body while honoring local flavors and seasonal ingredients. We recommend a lighter breakfast before the morning breathing session and practices.

8:00 AM - 10:00 AM

Morning Breathing & Embodiment Practice

Location: Caldera House | Level 5

Start your morning with a rejuvenating breathing session followed by an embodiment practice designed to deepen your connection with yourself and the natural world. This session combines movement and breath to awaken the senses and ground your energy in the surrounding landscape.

10:00 AM - 11:00 AM

Brunch + Free Time

Location: Caldera House | Level 5

Indulge in a nutritious, farm-fresh brunch by Chef Kory, featuring locally sourced ingredients that reflect the essence of the region's culinary heritage with an innovative twist from his worldly travels from the vibrant streets of Oaxaca to Japan and beyond.

11:30 AM - 4:00 PM

Backcountry Snowmobile Adventure

Location: Bridger Teton National Forest

The journey begins with a beautiful 40 minute drive through stunning mountain canyons, thrill seekers will revel in this exhilarating snowmobile ride through the majestic backcountry culminating at Granite Hot Springs, where you'll experience a one-of-a-kind cold plunge beside a frozen waterfall, followed by a restorative soak in the natural hot springs. Chef Kory's thoughtfully prepared picnic will be waiting, providing the perfect balance of adventure and indulgent nourishment.

5:00 PM - 6:30 PM

The Art & Science of Longevity and Lifestyle

Location: Caldera House | Level 5

Join Samuel Whiting and special guests for a thought-provoking discussion on the intersection of life sciences, art, and nature. This panel explores cutting-edge longevity technologies, strategies, and lifestyle practices for enhanced well-being.

7:00 PM - 9:00 PM

The Long Table Jackson Dinner

Location: Caldera House | Level 5

Gather around a long table for a celebratory farm-to-table feast, where the finest local ingredients shine. This group dinner closes with an Acknowledgment Circle, offering a space for gratitude and reflection on the transformative experiences shared throughout the program.

9:00 PM - 11:00 PM

Hot Tub, Sauna, Games & Fireside Group Hang Time

Location: Caldera House | Level 3

Round out the evening with a final fireside hang, where guests can choose between a relaxing hot tub session, sauna, or simply enjoying time together over fireside games and stories.

Sunday December 8, 2024

7:00 AM - 8:00 AM

Caldera Breakfast

Location: Caldera House | Level 2

Begin your day with ample free time to enjoy curated coffee elixirs, tea, and savor a light yet wholesome breakfast featuring functional, homestyle dishes crafted by Chef Kory, designed to fuel your body while honoring local flavors and seasonal ingredients. We recommend a lighter breakfast before the morning breathing session and practices.

8:00 AM - 10:00 AM

Breathing & Ice Bath Session, Group Reflections & Conclusion

Location: Caldera House | Level 5

The retreat concludes with a powerful combination of breathwork and ice bath, guiding guests through the final stages of physical and emotional integration. Group reflections foster a sense of closure, leaving everyone prepared to bring newfound insights and practices back into their daily lives.

10:00 AM - 11:00 AM

Farewell Brunch

Location: Caldera House | Level 5

A farewell brunch that serves as the perfect time for informal sharing, heartfelt goodbyes, and a final moment of relaxation before departure.

11:00 AM

Check-Out & Airport Drop-Off

Location: Caldera House

Guests have time to pack, unwind, and enjoy one last moment of calm before their concierge drop-off service to the airport, marking the end of an unforgettable journey of adventure, inspiration, and renewal.
