

Experience Inner IDEA

HEAL YOURSELF, HEAL THE WORLD

Inner IDEA, the world's leading wellness event, is more than a conference—it's a transformation. Unlike traditional events, Inner IDEA is a multisensory adventure that immerses you in mindful exploration with other people who are as passionate about wellness of mind, body and spirit as you are.



The World's Leading Mind-Body-Spirit Programming

Over 100 educational sessions presented by world-renowned experts on Pilates, yoga, Nia®, GYROKINESIS® and GYROTONIC® exercise, integrated movement, meditation, mindful living, preventive health, nutrition, lifestyle coaching, and the business of wellness from global leaders and innovators in the field of wellness.

A Serene Environment, a Calmer Pace

The Inner IDEA journey of mindfulness and discovery unfolds in a tranquil desert retreat setting and a culture of openness and acceptance. Through ritual, nature, meditation, visualization, music, silence and movement, you'll have time to breathe, to think, and to connect with yourself and others.

The Opening Ceremony, With Keynote Presenter Steve D'Annunzio

This keynote will explore "Wellness—The True Prosperity" and the state of being that is the essence of true wealth.

Mindful Moments From Sunrise to Sunset

Greet the day in the early morning with yoga, labyrinth walking and more. Then ease into the evening with unique sessions, including Nia® dance, Pilates, healthy sleep and moonlight meditations.

Inner IDEA Marketplace

Browse wellness-related educational products, books, videos, music, clothing and large and small equipment—and watch for special Inner IDEA discounts.

Meet Inner IDEA's Visionary Sponsors

You'll have a chance to meet with the industry's leading providers of equipment, apparel and education. Products from these innovators and educators will be available to purchase.

An Intimate Event

This conference is limited to 550 attendees to provide the opportunity to think, breathe and connect meaningfully with other participants.

A Weekend of Special Events

Events will include the Welcome Reception, five unique meal experiences* including a lunch session with Pamela Peeke, MD, MPH, FACP, the renowned chief medical correspondent for the Discovery Health Channel, and a closing ceremony that features Laughter Yoga.



*Full registration attendees only.