



1440 MULTIVERSITY TO OPEN MEMORIAL DAY WEEKEND

New Destination to Offer Weekend and Five-Day Educational and Wellness Programs in the Redwoods of Northern California

SCOTTS VALLEY, Calif., May 24, 2017 -- After four years of plans, construction, and development, [1440 Multiversity](#) opens its doors May 26, 2017. 1440's state-of-the-art campus is an all-new learning-meets-vacation destination set on a 75-acre redwood forest between Silicon Valley and Santa Cruz, California. The location will host renowned thinkers and teachers — from artists like author Elizabeth Gilbert, to singer Alanis Morissette, to Harvard-trained neuroscientist Richard Davidson, and meditation experts like Sharon Salzberg.

Named for the number of minutes in a day, [1440 Multiversity](#) recognizes each moment is an opportunity to be present and aware of how we connect with what matters, yet those opportunities can be difficult to grasp due to the busyness of everyday life. The goal of 1440 Multiversity is to help us live more integrated lives — both personally and professionally — and to serve as a catalyst for improving relationships with ourselves and others.

Weekend and five-day programs are carefully curated to combine cutting-edge thought and skills-based approaches with timeless themes, including the art and science of mindfulness, contemplative studies, health, wellness, fitness, creative expression, and conscious leadership. Program examples include Yoga for Athletes, Calming the Mind and Opening the Heart, Food as Medicine, Authentic Leadership, and more.

“We all want to live rich and meaningful lives, yet it’s often hard to carve out the time and space to figure out what that really looks like, let alone how to make it happen,” said Scott Kriens, cofounder of 1440 Multiversity and chairman and former CEO of Juniper Networks. “We built 1440 as a place for people to relax, reflect, and spend time with incredible teachers in a beautiful setting. We hope the result is the best kind of vacation — one that sends you home not only recharged, but also with insights for living life a little more fully, one moment at a time.”

At 1440, learning co-exists with ample downtime to enjoy a diverse array of amenities, including complimentary meditation, yoga, qigong, and tai chi classes, a fully equipped fitness center, four miles of forest hiking trails, and a beautiful dining center with both indoor and patio seating offering nourishing and inspired freshly prepared meals. A soon-to-be-completed healing arts center will offer a range of bodywork modalities



designed for relaxation and whole-body integration, as well as steam rooms and an outdoor infinity edge whirlpool with an expansive view overlooking the redwoods.

For people who don't wish to select a specific program, 1440 Multiversity also offers the option of an R&R stay, which allows guests to pick and choose from a range of bite-size workshops in a variety of health, wellness, and personal growth topics throughout each day, as well as allowing full access to the amenities of the campus.

The 1440 Multiversity campus can host up to 375 guests at a time, with all-inclusive accommodations ranging from modern Asian-style sleeping 'pods' to spacious fireplace suites with patios nestled in the forest. Room pricing includes all meals and amenities and ranges from \$140 – \$340 per person per night, plus program costs, which start at \$80 a night.

More information about the campus experience and program offerings are available at 1440.org

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