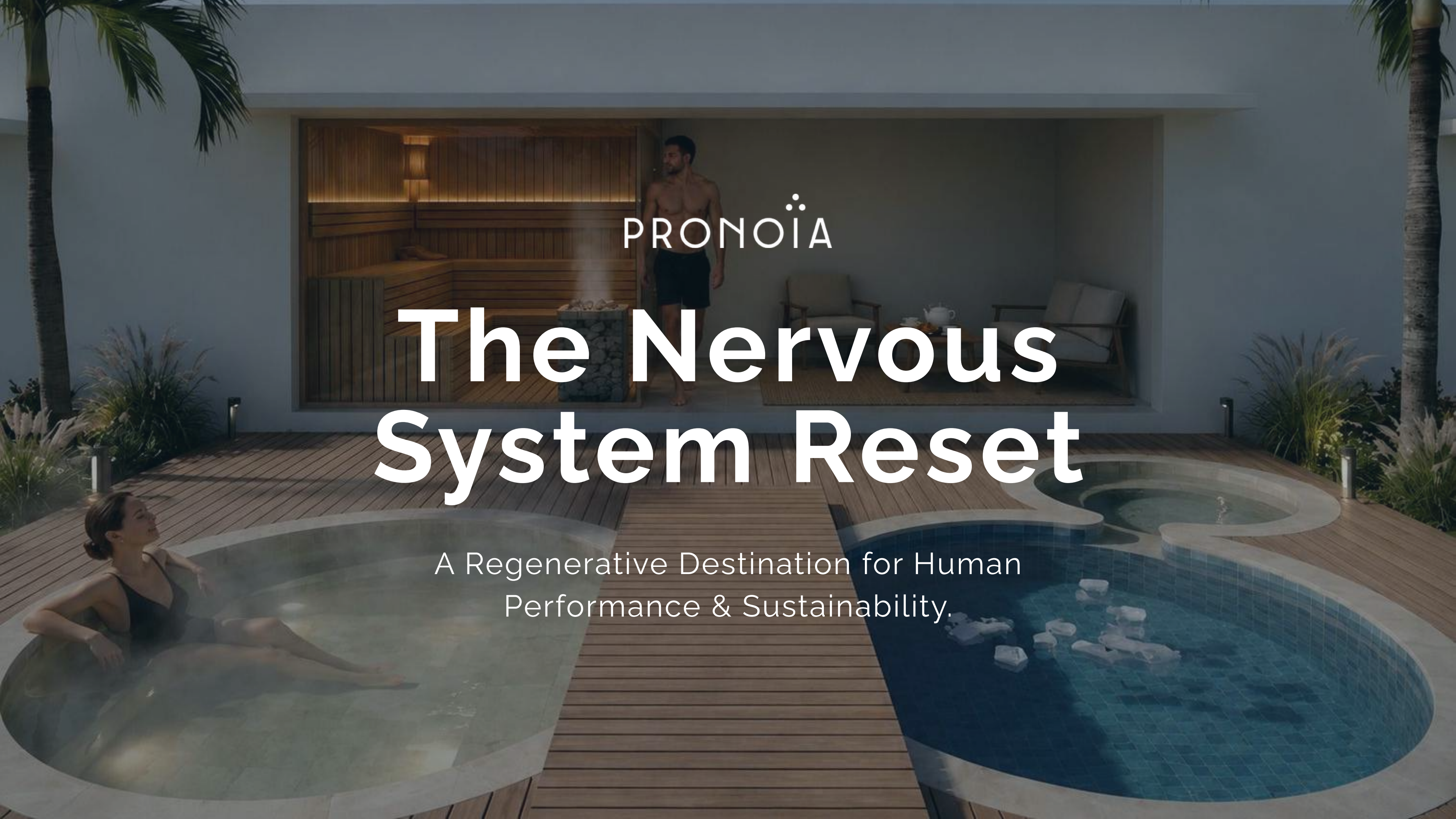


A modern wellness resort at dusk. In the foreground, a woman is relaxing in a circular hot tub. To the right, a swimming pool with blue mosaic tiles contains several white ice cubes. In the background, a man stands in a wooden sauna, with steam rising from a stone heater. The resort is surrounded by palm trees and lush plants, with a wooden deck connecting the different areas.

PRONOIA

The Nervous System Reset

A Regenerative Destination for Human Performance & Sustainability.



Restore clarity, composure, and control by regulating the system behind your performance.

A structured protocol for individuals operating under sustained pressure.



The Problem

High performance becomes difficult to sustain when the system never fully resets.

Over time:

Recovery weakens

Sleep quality declines

Stress becomes the baseline

Focus fragments

Energy becomes inconsistent

The result is not failure.

The result is gradual performance erosion and left unchecked, it compounds.



The Biological Reality



The nervous system is the operating system behind performance.

When stress accumulates faster than recovery occurs, the body shifts into a prolonged state of adaptation.

**Recovery
becomes
harder.**

**Clarity
declines.**

**Resilience
weakens.**

This is biological—not personal.

What This Program Is

The Nervous System Reset is designed to restore the biological foundations of:

- Recovery
- Brain Health
- Clarity
- Resilience
- Sustainable Performance

By combining recovery, movement, nutrition, environment, and structured daily rhythms into one integrated protocol.

You leave with a reset system — and a plan to keep it that way.



The Pronoia Approach

Restore the system through three pathways.

REGULATE

Reduce physiological stress.

RECOVER

Restore recovery capacity.

SUSTAIN

Build foundations for long-term performance.

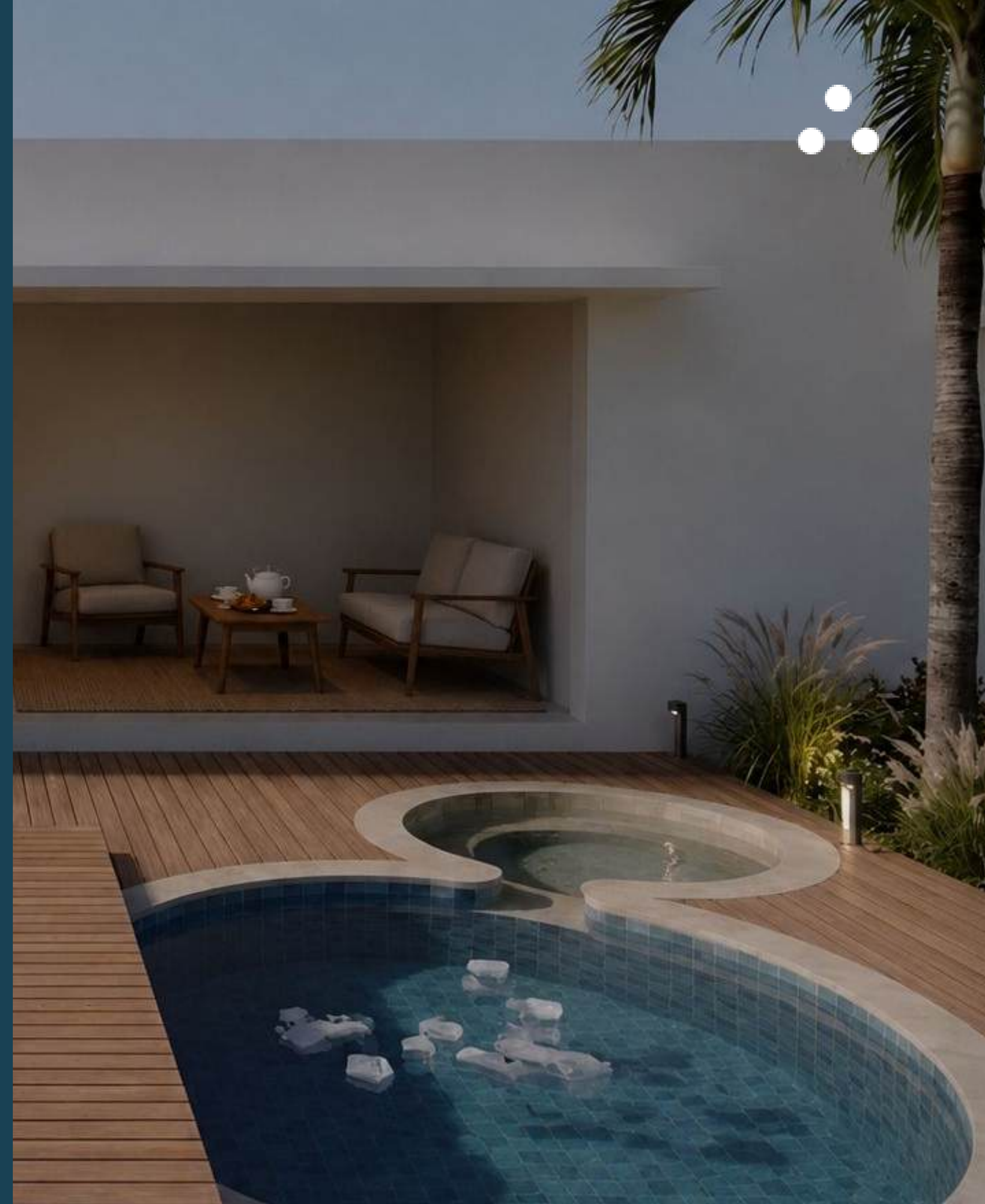


Performance Recovery Zone

The biological foundation of recovery.

Includes:

- **Cold Exposure**
Supports nervous system regulation.
- **Magnesium Recovery Pool**
Supports recovery and relaxation.
- **Traditional Sauna**
Supports circulation and recovery.
- **Recovery Therapies**
Supports physical restoration.
- **IV Recovery Support**
Optional upgrade.





Performance Nutrition

Never a diet — a performance protocol.

Designed to support:

- Energy
- Recovery
- Brain Health
- Focus
- Cognitive Performance

Every meal is designed to support the biological foundations of sustainable human performance.

Physical Conditioning

Movement is medicine for the nervous system.

Structured training and guided movement support:

- Stress Regulation
- Energy Production
- Recovery
- Resilience





The Environment

Recovery is not only what you do.

Designed to reduce stress, decision load and environmental friction.

Pronoia combines:

- Cognitive Workspace
- Recovery Facilities
- Nature
- Community
- 6km White Sand Beach



to create a low-friction environment that supports recovery naturally.



The environment itself is part of the intervention.



A Typical Day

Structure that removes decision fatigue.



6:30am

Beachwalk



7:00am

Movement
Session



8:00am

Performance
Breakfast



9:00am

Focused
Work Time



12:00pm

Performance
Lunch



2:00pm

Recovery
Zone



4:00pm

Strength
Session



6:00pm

Dinner



8:30pm

Evening Wind
Down





What Changes?

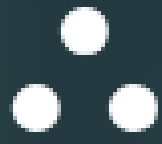
Guests commonly report - often within the first week::

- Better Sleep
- Greater Mental Clarity
- More Stable Energy
- Improved Recovery Capacity
- Reduced Stress Reactivity
- Increased Resilience
- Improved Decision Quality

Ready to see if it fits you?

A short Discovery Call is the next step.





Why Pronoia Exists?

For years I observed high-performing individuals operating under increasing pressure while recovery, clarity, and sustainability steadily declined.

Pronoia was created to restore the biological foundations of sustainable human performance through a structured environment where recovery, brain health, and performance can coexist.

Today, Pronoia combines environment, recovery, movement, nutrition, and human performance principles into a regenerative destination designed for people operating under sustained pressure.

Janick Couturier
Founder



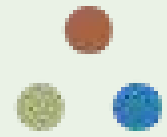


Dr. Damien Geindreau **Medical Oversight Lead**

Pronoia programs are developed under independent medical oversight to ensure biological coherence, safety, and evidence-informed design.

Dr. Damien Geindreau supports the scientific integrity of the Pronoia methodology, helping align each program with established principles of recovery, brain health, resilience, and sustainable human performance.





Why Bali

- Low environmental stress.
- Natural circadian support.
- Ocean environment.
- Warm climate.
- Distance from daily pressures.
- Purpose-built recovery ecosystem.
- Direct international access from major global hubs



Who This Is For?

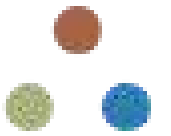
Designed for individuals operating under sustained pressure.

Guests commonly arrive experiencing:

- Mental fatigue
- Decision overload
- Difficulty switching off
- Inconsistent recovery
- Reduced clarity
- High levels of responsibility
- A growing sense that performance is becoming harder to sustain



Client Perspective



Martin S.

Business Owner, Norway, 49 Years Old



Upon Arrival

- Difficulty switching off
- Ongoing business pressure
- Limited recovery time
- Looking for greater balance

What He Noticed

- More consistent energy
- Improved sleep quality
- Greater mental clarity
- More presence with family
- Reduced stress and mental noise

Martin's Reflection

"What I appreciated most was not having to choose between recovery, family time and staying connected to my business. Everything worked together naturally."

Everything Engineered to Support Your Biology



RECOVERY

*4°C cold plunge 42°C warm magnesium pool
Steam sauna IV room
Physio & osteopath rooms*

MOVEMENT

*Gym functional strength Hyrox
Pilates
Movement & breathwork spaces*

WORK WITHOUT FRICTION

*Coworking private offices
Auditorium podcast room*

ENVIRONMENT

*Restaurant beach club
18 premium rooms
6 km white-sand beach*

Azure Beach Club & Restaurant - all-day dining, every meal built on your Performance Nutrition plan.

What's included.

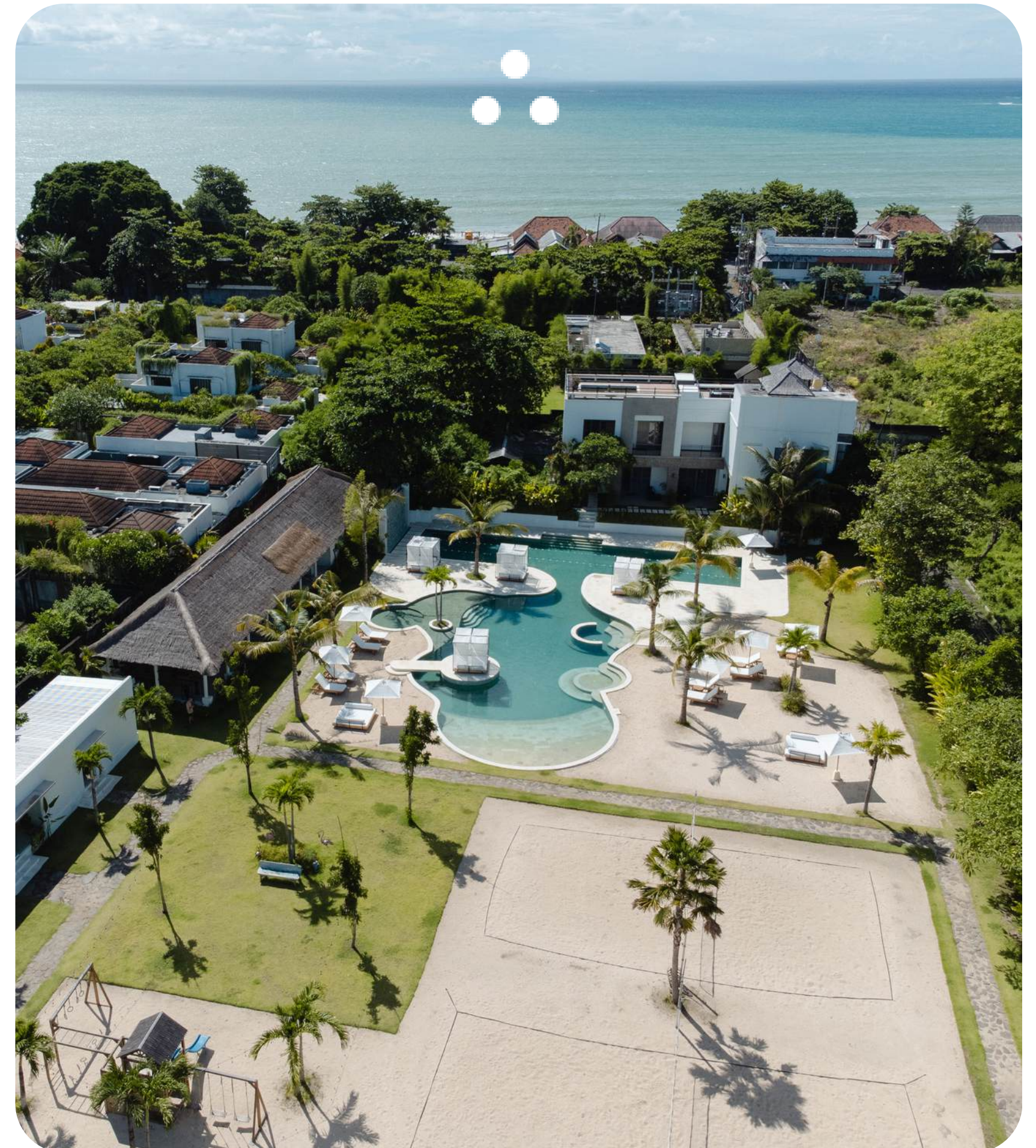
Exactly what your stay covers.

EVERY STAY INCLUDES

- Airport pick-up & drop-off
- Welcoming dinner at Azure Beach Club & Restaurant
- HRV tracking bracelet (optional)
- 1 personalized assessment (online or on-site)
- 1 personalized fitness consultation
- 3 daily meals + 1 snack - organic, farm-sourced cuisine
- Unlimited access to fitness classes
- Unlimited access to yoga classes
- Complimentary use of all Pronoia facilities

OPTIONAL UPGRADES

- IV recovery
- Longevity & brain-healthdiagnostics
- Performance optimization add-ons





Performance Nutrition.

A Day of Performance Nutrition.

Breakfast

Pasture eggs, smoked salmon, avocado, sautéed greens, fermented vegetables

-40g protein omega-3 & choline for brain and mood. Tyrosine for focus

Midday snack

Greek yogurt or kefir, berries, mixed nuts.

Protein + magnesium + polyphenols. Steady energy, no crash

Lunch

Grilled local fish, sweet potato, large mixed salad, olive oil, tempeh

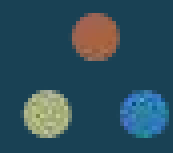
Quality carbs for training days. Omega-3. Fermented tempeh for the gut-brain axis

Dinner

Grass-fed protein or fish, roasted vegetables, leafy greens, gentle complex carb

Earlier, lighter magnesium-supporting. Built to protect deep sleep

Daily: 2.5-3 L water + electrolytes. Limited sugar, ultra-processed foods, and alcohol.



Movement & Recovery

An Open Weekly Architecture -
Choose What Our System Needs.

Daily anchors:

- 06:30 Sunlight Walk
- 08:00 Performance Breakfast
- 12:30 NSDR
- 18:00 Breath & Down-Regulation
- Recovery Zone open all day

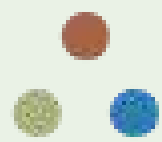
	MON	TUE	WED	THU	FRI	SAT	SUN
07:00	Zone 2	Breath & Mobility	Zone 2	Breath & Mobility	Zone 2	--	--
08:30	Strength	Hybrid Strength	Conditioning	Hybrid Cond.	Movement Skills	Hybrid Signature	Restorative Flow
09:30	--	Contrast Therapy	--	--	Contrast Therapy	--	--
16:00	Aquatic	Barbell	Zone 2 Run	Barbell	Aquatic	Flow & Breath	--
17:30	Breath Reset	Breath & Flow	Breath & Flow	Breath Reset	Breath & Flow	--	--

Every session is tagged by what it does

Build Sustain Recover Regulate - so you choose your day, never forced into one.

Human Performance Program

A Regenerative Destination for Human Performance & Sustainability



Choose the program that aligns with your current performance needs. Every stay includes assessment, personalization, performance nutrition, brain health support, regenerative practices, physical training, and access to the **Pronoia ecosystem**.

Shared Villa

COMMUNITY. CONNECTION. GROWTH.

Designed for leaders seeking a structured performance reset within a curated community environment.

3 NIGHTS / 4 DAYS	USD 1,500
7 NIGHTS / 8 DAYS	USD 3,500
14 NIGHTS / 15 DAYS	USD 5,200
28 NIGHTS / 29 DAYS	USD 9,800

Private Villa

PRIVATE. DEEPER FOCUS. PERSONALIZED.

For individuals requiring complete privacy, deeper personalization, and uninterrupted recovery.

3 NIGHTS / 4 DAYS	USD 2,000
7 NIGHTS / 8 DAYS	USD 4,000
14 NIGHTS / 15 DAYS	USD 6,800
28 NIGHTS / 29 DAYS	USD 12,600

How to weigh it:

one reactive decision, one negotiation from a depleted nervous system, one month of fragmented focus — typically costs more than the program itself. This isn't a cost. It's decision quality protected.

Performance Nutrition.

Nutrition protocols designed to support energy, cognitive function, recovery, and sustained performance.

Daily Movement.

Structured movement, strength, mobility, and conditioning aligned with your program objectives.

Brain Health & Recovery.

Recovery modalities, nervous system regulation, and practices that support clarity, resilience, and cognitive performance.

Regenerative Environment.

Purpose-built spaces and natural design that reduce friction, restore capacity, and support sustained access to flow state.

- All programs include assessment & personalization, performance nutrition, brain health support, regenerative practices, physical performance, work-without-friction facilities, airport transfers, and ongoing guest support.
- Payment plans available upon request.

The Next Step

Schedule A Discovery Call

18 rooms · a limited number of assessment slots each month.

Dates move quickly · book the call now, even if you stay later.

Together we'll determine: your suitability, the recommended duration, accommodation, and any optional upgrades.


PRONOIA

Jl. Segara Wangi No.36, Jimbaran,
Kuta, Kabupaten Badung, Bali 80361

www.pronoiacommunity.com
info@pronoiacommunity.com
[@pronoiacommunity.com](https://www.instagram.com/pronoiacommunity.com)