



the program in sustainable living

at the Weill Cornell Center for
Complementary & Integrative Medicine

affiliated with The Global Leaders Academy

As our lives become more complex, we find ourselves yearning for inner contentment and purpose. To satisfy this yearning, we must develop our natural capacities for self-mastery, partnership and creativity. The Program in Sustainable Living teaches leaders in business and other fields the insights and skills they need to sustain a balance of personal, family and career growth throughout their lives.

who we are

Nalanda Institute is a non-profit community of health professionals integrating the contemplative science of India and Tibet with contemporary culture and ways of life.

2|M Consulting is an executive coaching and leadership consulting firm joining the latest methods of executive coaching with sustainable business practices to foster positive human development.

the program in sustainable living

This year long program introduces business leaders to integrative methods of self-care, teamwork, creativity and peak performance designed to meet the demands of today's business world. 12-15 participants form a peer learning group, offering an enriched environment for mastering the insights and skills that sustain well-being. Day-long monthly meetings spark experiential learning through guided meditation, open dialogue and interactive group exercises. Weekend retreats and individual coaching help people tailor their learning to personal aims and needs. The program teaches the full range of mindsets and practices that promote sustainable living, spanning four main horizons of health and performance.

The Personal Horizon: Taking Care

Basic self-care practices of mindfulness, relaxation and self-regulation reduce stress and foster wellness, growth and well-being.

The Social Horizon: Embodying Care

Intermediate emotional intelligence practices of mind-clearing, compassion and service reduce social stress and help build positive relationships at home and at work.

The Cultural Horizon: Modeling Vision

Advanced role-modeling practices of creative vision, affirmation and action help break the spell of limiting self-images and shape innovative ways of being in the world.

The Natural Horizon: Refining Mastery

The most advanced practices of inspiration, pure passion and integrity release the grip of instinctive stress and help harness the peak energy of openness, spontaneity and flow.

learning environment

Hosted at the Weill Cornell Center for Complementary and Integrative Medicine, the program includes pre and post measures of levels of stress, mindfulness, emotional intelligence, optimal health and well-being.

co-leaders and facilitators

Nalanda Founder, Buddhist psychiatrist and meditation instructor Joe Loizzo, M.D., Ph.D., and 2|M Consulting founder, executive coach and leadership consultant Michael McDermott.

program tuition

\$20,000, which includes monthly meetings, retreats, coaching, materials and meals.



Nalanda Institute
for CONTEMPLATIVE SCIENCE

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Illustration adapted from artwork by Robert Beer.

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