



# Deepak Chopra Brings Mind-Body Healing to Central Florida

by **Karen LeBlanc**

Holistic healer and wellness guru Dr. Deepak Chopra brings his mind-body health mantra back to Lake Nona, taking up residence to oversee his new partnership with the Lake Nona Performance Club.

The Lake Nona Performance Club (LNPC) plans to open this summer, offering the Chopra Mind-Body Zone and Spa in a dedicated, 5,500-square-foot space offering yoga, meditation, barre and Pilates. “We are offering programs that promote human potential, health and well-being,” says Chopra, who chose to work with and live in Lake Nona because of its forward-thinking research into peak human performance, and wellness technology and infrastructure. “I’m very interested in artificial intelligence and creating new algorithms for mental and physical well-being. Locating the Chopra Mind-Body Zone in Lake Nona allows me to be with innovators and creators,” he adds.

Construction is underway on LNPC, located in the Lake Nona Town Center. The 130,000-square-foot facility aims to redefine the fitness center experience for the Central Florida region featuring leading-edge workout equipment, state-of-art classes, and interactive programs driven by the latest performance technology. LNPC’s tailored approach to whole-person

health aligns with Chopra’s life work practicing and preaching holistic healing that honors the mind-body connection.

The Chopra Mind-Body Zone will be a membership-based program focusing on the body-mind connection for illness prevention and peak performance, joy, health and well-being. “We see too much sickness and not enough joy,” says Chopra, who practices the ancient lifestyle healing system known as Ayurveda Medicine. “This ancient healing system is finding a lot of validation today in areas like biological rhythms, nutrition, and changing your microbiome.”

In addition to the Chopra Mind-Body Zone, Chopra Global will oversee a dedicated spa designed to complement LNPC’s focus on whole health. The spa will specialize in Ayurvedic practices, including mind-body assessments and massages based in Ayurveda. The spa will be open to both LNPC members and the public.

While construction is underway on LPNC, Chopra is building a new home near the Lake Nona Town Center designed by wellness architect Veronica Schrebeis Smith. “We are designing a home equipped with futuristic technology, artificial intelligence, virtual reality, and everything that



Screenshots of Chopra’s app Jiyo

I want to play in the field of consciousness, well-being and awareness,” he says. He plans to divide his time between his Lake Nona residence and a New York City residence. “Lake Nona is a thriving, robust community focused on health and human potential, so that’s the place to be,” Chopra adds.

Chopra’s architect Veronica Schrebeis Smith, the founding principal of Vera

Iconica Architecture and Developments, is known for her wellness architecture and healthy home designs. Her previous Lake Nona project is on view at the WHIT House (Wellness Home Built on Innovation and Technology) in the Lake Nona community of Laureate Park. She designed the Vera Iconica Architecture and Wellness Kitchen in the demonstration home highlighting healthy living.

LNPC wants to become a “destination-worthy fitness center” for human peak performance and quality of life. The facility will offer programming and services across the entire spectrum of health, fitness and performance led by a team of experts in the relevant fitness and mind-body fields.

Chopra’s relationship with Lake Nona began several years ago at the community’s annual health and well-being event, the Lake Nona Impact Forum, where he’s often among the featured speakers and continued with community events and the launch of an app, Jiyo, that got residents moving and more mindful. The app has since evolved into the Chopra Meditation app, part of his mind-zone project. “It’s based on Ayurveda, so it’s different from other apps and includes offerings in the areas of emotional, physical and spiritual well-being, various meditation activities and workshops,” he explains.

The Lake Nona Performance Club is a joint venture partnership between Lake Nona and Integrated Wellness Partners (IWP), a subsidiary of Signet, LLC.

For more information about corporate, individual and family membership options and to schedule a virtual sneak peek of the facility, visit [lakenonaperformanceclub.com](http://lakenonaperformanceclub.com).

*Karen LeBlanc is host of The Design Tourist series. She travels the globe attending some of the world’s premiere design events in search of the latest trends, tastemakers and unique finds. Learn more at [thedesigntourist.com](http://thedesigntourist.com).*



**PRIVATE STUDIO... all safety precautions in place**

# BEyond FITness

**NO MATTER  
YOUR AGE OR  
FITNESS LEVEL**

*It’s never  
too late  
to start ...*

**CALL TODAY!**

**one-on-one  
personal  
training**

**customized workouts for all levels**

**LISA SCHARF, PERSONAL TRAINER**  
B.S. Exercise Physiology  
The Village at Lake Lily, A107, Maitland  
[lisa\\_scharf@att.net](mailto:lisa_scharf@att.net) 407.415.4495

