



“Meditation is not a way of making your mind quiet. It’s a way of entering into the quiet that’s already there—buried under the 50,000 thoughts the average person thinks every day.”

— Deepak Chopra, M.D

LEARN TO MEDITATE

USING THE TIMELESS PRACTICE OF
PRIMORDIAL SOUND MEDITATION

Practiced for thousands of years, meditation is a tool for rediscovering the body’s own inner intelligence. Primordial Sound Meditation uses individually selected sounds of nature called mantras, to disconnect us from the activity of life. These primordial sounds are based on the vibration the universe was creating at the moment of your birth. Practicing Primordial Sound Meditation on a daily basis will help you:

- Manage stress & reduce anxiety
- Improve your relationships
- Create inner peace
- Enhance your sleep patterns
- Lower your blood pressure
- Connect more deeply to spirit

Learn Primordial Sound Meditation as developed by
DEEPAK CHOPRA, M.D. and **DAVID SIMON, M.D.**
Co-founders of **THE CHOPRA CENTER FOR WELLBEING**

Our Program includes:

- 6 hours of instruction and practice – typically offered on one evening and Friday afternoon and/or one weekend afternoon as suits the participants
- A follow-up session at the 21 day mark
- Continuous connection to your instructor for questions
- Invitations to group meditations and special events
- Discounts on Chopra Centre Programs
- Your personalized mantra and all the materials you need for the course

Fees: Small Groups (up to 5 participants by client referral) \$395 per person plus GST; Individual instruction \$595 plus GST.

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