



“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

SATURDAY MAY 16 AND SUNDAY MAY 17

2-5 P.M. IN ROCKPORT, MA

*COURSE FEE \$350 (INCLUDES PERSONAL
MANTRA FROM THE CHOPRA CENTER)*

PLEASE REGISTER BY MAY 1.

Susan Himml, M.S, R.Y.T

Chopra Center Certified PSM Instructor

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