THE CHOPRA CENTER

THE PERFECT HEALTH PROGRAM

at The Chopra Center in Carlsbad, California
chopra.com/perfecthealth

2012 EVENTS

NOVEMBER	12–18	TEACHER TRAINING: Seven Spiritual Laws Yoga IB	La Costa Resort, Carlsbad, California
	29–Dec 2	SUMMONING THE SACRED	La Costa Resort, Carlsbad, California
DECEMBER	8–9	MEDITATION WEEKEND	La Costa Resort, Carlsbad, California

2013 EVENTS

JANUARY	17–20	YOGA RETREAT	La Costa Resort, Carlsbad, California
FEBRUARY	8–10	HEALING THE HEART	La Costa Resort, Carlsbad, California
	11–16	BALANCING THE BODY	La Costa Resort, Carlsbad, California
	16–17	MEDITATION WEEKEND	La Costa Resort, Carlsbad, California
MARCH	14–17	JOURNEY INTO HEALING: Balance, Heal, and Transform Your Life	La Costa Resort, Carlsbad, California
APRIL	21–27	SEDUCTION OF SPIRIT: Inspire Your Life	La Costa Resort, Carlsbad, California
MAY	12–19	SILENT AWAKENINGS	Asilomar Retreat Center, Monterey Bay, California
	25–26	MEDITATION WEEKEND	La Costa Resort, Carlsbad, California
	27–Jun 2	TEACHER TRAINING: Primordial Sound Meditation	La Costa Resort, Carlsbad, California
JUNE	30–Jul 6	SEDUCTION OF SPIRIT: Manifesting with the Masters	Whistler, BC, Canada
JULY	18–21	SUMMONING THE SACRED	La Costa Resort, Carlsbad, California
	22–28	TEACHER TRAINING: Perfect Health	La Costa Resort, Carlsbad, California
AUGUST	22–25	JOURNEY INTO HEALING: Super Brain	La Costa Resort, Carlsbad, California
SEPTEMBER	21–22	MEDITATION WEEKEND	La Costa Resort, Carlsbad, California
	23–29	TEACHER TRAINING: Seven Spiritual Laws Yoga IA	La Costa Resort, Carlsbad, California
OCTOBER	3–6	SPIRITUAL SOLUTIONS	La Costa Resort, Carlsbad, California
	14–20	TEACHER TRAINING: Primordial Sound Meditation	La Costa Resort, Carlsbad, California
NOVEMBER	3–9	SEDUCTION OF SPIRIT: Music and Meditation	La Costa Resort, Carlsbad, California
	18–24	TEACHER TRAINING: Seven Spiritual Laws Yoga IB	La Costa Resort, Carlsbad, California
DECEMBER	7–8	MEDITATION WEEKEND	La Costa Resort, Carlsbad, California
	12–15	SUMMONING THE SACRED	La Costa Resort, Carlsbad, California

2012 DATES

NOVEMBER
5–14 (10-Day)
26–Dec 1

DECEMBER
3–8
10–15
17–22

2013 DATES

JANUARY
7–16 (10-Day)
21–26
28–Feb 2

FEBRUARY
4–9
25–Mar 2

MARCH
4–9
18–23
25–30

APRIL
8–13
15–20
29–May 4

MAY
6–11
20–25

JUNE
3–12 (10-Day)
24–29

JULY
8–13
15–20
29–Aug 3

AUGUST
12–21 (10-Day)
26–31

SEPTEMBER
9–14
16–21
23–28

OCTOBER
7–16 (10-Day)

NOVEMBER
11–16
18–23

DECEMBER
2–7
9–14
16–21

All Perfect Health dates are 6-day programs, unless otherwise noted.

Please note that these dates include an additional day for *Primordial Sound Meditation* instruction. If you have already received your personal mantra and instruction, the event starts one day after the date listed above. (Does not apply to teacher training dates.)

10/25/12