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## 2010 EVENTS

<b>AUGUST</b>	<b>4-7</b>	SECRETS OF ENLIGHTENMENT	La Costa Resort, Carlsbad, CA
	<b>9-15</b>	TEACHER TRAINING: Perfect Health/Ayurveda	La Costa Resort, Carlsbad, CA
	<b>22-28</b>	SEDUCTION OF SPIRIT *	Enchantment Resort, Sedona AZ
<b>SEPTEMBER</b>	<b>10-14</b>	JOURNEY INTO HEALING*	Sheraton, Carlsbad, CA
<b>OCTOBER</b>	<b>1-3</b>	FREE TO LOVE	La Costa Resort, Carlsbad, CA
	<b>4-9</b>	FREE TO HEAL	La Costa Resort, Carlsbad, CA
	<b>4-10</b>	TEACHER TRAINING: Yoga IB	La Costa Resort, Carlsbad, CA
	<b>20-24</b>	SYNCHRODESTINY	La Costa Resort, Carlsbad, CA
<b>NOVEMBER</b>	<b>1-7</b>	TEACHER TRAINING: Primordial Sound Meditation*	La Costa Resort, Carlsbad, CA
	<b>14-20</b>	SEDUCTION OF SPIRIT *	La Costa Resort, Carlsbad, CA
	<b>29-Dec 5</b>	TEACHER TRAINING: Ayurvedic Consultant Training	La Costa Resort, Carlsbad, CA
<b>DECEMBER</b>	<b>16-19</b>	SECRETS OF ENLIGHTENMENT	La Costa Resort, Carlsbad, CA

## 2011 EVENTS

<b>JANUARY</b>	<b>14-16</b>	FREE TO LOVE	La Costa Resort, Carlsbad, CA
	<b>17-22</b>	FREE TO HEAL	La Costa Resort, Carlsbad, CA
<b>FEBRUARY</b>	<b>2-6</b>	SYNCHRODESTINY*	Rio Grande, Puerto Rico
	<b>16-20</b>	JOURNEY INTO HEALING	The Fairmont Hotel, Vancouver, BC, Can
	<b>28-Mar 6</b>	TEACHER TRAINING: Primordial Sound Meditation	Carlsbad, California
<b>MARCH</b>	<b>20-26</b>	SEDUCTION OF SPIRIT	Evergreen Marriott, Atlanta, GA
<b>APRIL</b>	<b>4-10</b>	TEACHER TRAINING: Perfect Health/Ayurveda	Carlsbad, California
<b>JUNE</b>	<b>1-5</b>	JOURNEY INTO HEALING	Grove Park Inn, Asheville, NC
<b>JULY</b>	<b>3-9</b>	SEDUCTION OF SPIRIT	The Fairmont Chateau, Whistler, BC, Can
	<b>18-24</b>	TEACHER TRAINING: Primordial Sound Meditation	Carlsbad, California
<b>AUGUST</b>	<b>8-14</b>	TEACHER TRAINING: Yoga IA	Carlsbad, California
	<b>19-21</b>	A WEEKEND WITHIN	The Depot, Minneapolis, MN
	<b>29-Sept 4</b>	TEACHER TRAINING: Perfect Health/Ayurveda	Carlsbad, California
<b>OCT</b>	<b>3-9</b>	TEACHER TRAINING: Yoga IB	Carlsbad, California
<b>NOV</b>	<b>7-13</b>	TEACHER TRAINING: Primordial Sound Meditation	Carlsbad, California

\* Traducción Simultánea al Español



**THE PERFECT HEALTH PROGRAM**  
at The Chopra Center in Carlsbad, California.

### 2010

#### AUGUST

16-21  
30-Sep 4

#### SEPTEMBER

13-18  
20-25 (Freedom from  
Chronic Pain)  
27-Oct 2

#### OCTOBER

18-23  
25-30 (Perfect Weight)

#### NOVEMBER

1-6  
1-10\* (10-day)  
29-Dec 4

#### DECEMBER

6-11  
13-18

### 2011

#### JANUARY

3-8  
3-12 (10-day)  
31-Feb 5

#### FEBRUARY

7-12 (Perfect Weight)  
14-19  
21-26

#### MARCH

7-12  
14-19 (Freedom from  
Chronic Pain)  
28-Apr 2

[chopra.com/perfecthealth](http://chopra.com/perfecthealth)

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.)