

2010 EVENTS

JANUARY	15-17	FREE TO LOVE	La Costa Resort, Carlsbad, CA
	18-23	FREE TO HEAL	La Costa Resort, Carlsbad, CA
	27-31	SYNCHRODESTINY	La Costa Resort, Carlsbad, CA
FEBRUARY	17-21	JOURNEY INTO HEALING	Arizona Biltmore Resort, Phoenix, AZ
MARCH	8-14	TEACHER TRAINING: Perfect Health/Ayurveda	La Costa Resort, Carlsbad, CA
	21-27	SEDUCTION OF SPIRIT	Marriot, Marco Island, FL
APRIL	16-18	FREE TO LOVE	The Palace Hotel, San Francisco, CA
	26-May 2	TEACHER TRAINING: Primordial Sound Meditation	La Costa Resort, Carlsbad, CA
	30-May 2	A WEEKEND WITHIN	La Costa Resort, Carlsbad, CA
MAY	12-16	JOURNEY INTO HEALING	Westin Harbour Castle, Toronto, Ont, Canada
JUNE	16-20	SYNCHRODESTINY	El Monte Sagrado, Taos, NM
JULY	9-11	FREE TO LOVE	Estancia, La Jolla, CA
	12-17	FREE TO HEAL	La Costa Resort, Carlsbad, CA
	12-18	TEACHER TRAINING: Yoga IA	La Costa Resort, Carlsbad, CA
AUGUST	4-7	SECRETS OF ENLIGHTENMENT	La Costa Resort, Carlsbad, CA
	9-15	TEACHER TRAINING: Perfect Health/Ayurveda	La Costa Resort, Carlsbad, CA
	22-28	SEDUCTION OF SPIRIT *	Enchantment Resort, Sedona AZ
SEPTEMBER	10-14	JOURNEY INTO HEALING*	Sheraton, Carlsbad, CA
OCTOBER	1-3	FREE TO LOVE	La Costa Resort, Carlsbad, CA
	4-9	FREE TO HEAL	La Costa Resort, Carlsbad, CA
	4-10	TEACHER TRAINING: Yoga IB	La Costa Resort, Carlsbad, CA
20-24	SYNCHRODESTINY	La Costa Resort, Carlsbad, CA	
NOVEMBER	1-7	TEACHER TRAINING: Primordial Sound Meditation*	La Costa Resort, Carlsbad, CA
	14-20	SEDUCTION OF SPIRIT *	La Costa Resort, Carlsbad, CA
DECEMBER	16-19	SECRETS OF ENLIGHTENMENT	La Costa Resort, Carlsbad, CA

* Traducción Simultánea al Español



THE PERFECT HEALTH PROGRAM

at The Chopra Center in Carlsbad, California.

JANUARY

4-9
4-13 (10-day)

FEBRUARY

1-6
8-13 (Perfect Weight)
15-20
22-27

MARCH

1-6
15-20
29-Apr 3

APRIL

5-10
12-17
19-24 (Emotional Healing)

MAY

3-8
17-22
24-29 (Relieve Your Pain)
31-Jun 5

JUNE

7-12
7-16 (10-day)
21-26

JULY

19-24 (Perfect Weight)
26-31

AUGUST

16-21
30-Sep 4

SEPTEMBER

13-18
20-25 (Relieve Your Pain)
27-Oct 2

OCTOBER

11-16
18-23
25-30 (Perfect Weight)

NOVEMBER

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

DECEMBER

6-11
13-18

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)

888.736.6895 | learn@chopra.com | CHOPRA.COM