



# 2008 PROGRAMS

Peace. Harmony. Laughter. Love.

CHOPRA  CENTER™

the path to wellness begins here™



Dear Friend,

Thank you for visiting. We created the Chopra Center for Wellbeing more than a decade ago to help people experience physical healing, emotional freedom and higher states of consciousness. As the activities and outreach of the Center have expanded over the years, we've remained committed to our core mission, serving as an oasis of balance, healing and transformation.

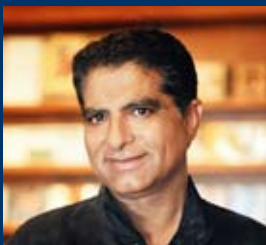
While the popularity of yoga, meditation and Ayurveda has grown, the Chopra Center continues as the leader in wellness through our programs in PRIMORDIAL SOUND MEDITATION, SEVEN SPIRITUAL LAWS OF YOGA and PERFECT HEALTH. We integrate timeless teachings into core experiences that include mind-body immersions, meditation retreats and week-long healing and detoxification programs. To share these messages with as many hearts and souls as possible, our 2008 calendar of events is our broadest to date, offering diverse and powerful programs that span the globe, including New York, Florida, Texas, Chicago, the Southwest, Pacific Northwest, Canada, Ireland and California.

Our teacher training programs are also growing. Through our more than one thousand Chopra Center Certified Instructors teaching on six continents, thousands are learning to bring meditation, yoga and mind-body healing into their lives, homes and communities. We invite you to learn, share, heal and explore with us as we transform the world through transforming ourselves. We hope to see you soon.

Love,

Deepak Chopra, M.D.

David Simon, M.D.



*"I have experienced health challenges for quite a while, and PERFECT HEALTH is just what the doctor ordered. For the first time in my life, my anxiety and chronic pain have been transformed into calm and relaxation now that I know how to meditate."*

—ANNETTE, LIVINGSTON, NEW JERSEY  
CANCER SURVIVOR AND THRIVER

## THE PERFECT HEALTH PROGRAM™

FEATURING DAVID SIMON, M.D.

### Weekly Program

Chopra Center, Carlsbad, California

If you are coping with physical illness, emotional turbulence, job burnout, or relationship stress, the PERFECT HEALTH program is for you. Over the past 15 years, thousands of people have experienced profound healing at this transformative five-day program.

The Chopra Center co-founders Deepak Chopra, M.D. and David Simon, M.D. designed the PERFECT HEALTH program to soothe your body, calm your mind and renew your spirit. In the safe, compassionate setting of the Chopra Center, you will be nurtured and indulged as you learn timeless tools and techniques for health and vitality.

#### THE PERFECT HEALTH PROGRAM INCLUDES:

- Instruction in PRIMORDIAL SOUND MEDITATION
- Customized Ayurvedic spa treatments
- Panchakarma detoxification and cleansing therapies
- Mind-body medical consultation
- Nutritional guidance
- Daily yoga and meditation sessions
- Stress management
- Free time to rest and rejuvenate

Whether you are at a crossroads in your life, facing a challenging illness, or struggling with a stressful situation, the PERFECT HEALTH program will help you regain balance and joy. After just a few days in our caring hands, you will return home with a lifetime of benefits.

**STANDARD TUITION** **\$3475**

**EARLY ENROLLMENT STARTS AT** **\$2875**

The PERFECT HEALTH program begins on Monday and is limited to 20 attendees to ensure the most personal experience. Ask a program consultant for available dates. Prices are subject to change.

#### WHO CAN BENEFIT?

THE PERFECT HEALTH program provides long-term benefits for anyone seeking greater health, balance and well-being, including individuals coping with:

- Physical or emotional pain
- Stress and anxiety
- Relationship pressures and difficulties
- A life-changing decision
- Health challenges
- Dietary imbalance or weight concerns
- Chronic illness
- Post-chemotherapy detox



*"I feel so grateful for this experience! I'm discovering more peace within myself and remembering who I am. I met people I really connected with and for the first time feel we are all one. The program truly touched on body, mind and spirit."*

—MELISSA, SIOUX FALLS, SOUTH DAKOTA

## SOUL OF HEALING™

**January 14–18, 2008** La Costa Resort & Spa, Carlsbad, California  
**March 17–21, 2008** La Costa Resort & Spa, Carlsbad, California  
**September 15–19, 2008** Chopra Center & Spa @ Dream, NYC  
**November 3–7, 2008** La Costa Resort & Spa, Carlsbad, California

Join Chopra Center co-founders Deepak and David as they guide you on a profound five-day experience of healing, awakening and transformation. Offered only a few times a year, SOUL OF HEALING will help bring peace, wellbeing and joy into your life.

In addition to a mind-body consultation with a member of Dr. Simon's staff, you will receive instruction in the popular practice of PRIMORDIAL SOUND MEDITATION, learn the SEVEN SPIRITUAL LAWS OF YOGA and experience restoring and enlivening Rasayana massage treatments. You will also learn powerful techniques and daily routines for moving beyond the career, relationship and personal challenges that keep you trapped in current patterns.

SOUL OF HEALING is a Monday through Friday program that takes place in the loving environment of the Chopra Center, offering you a rare opportunity to connect with Deepak and David at the soul level. Attendance is limited to ensure an intimate and personal experience.

**STANDARD TUITION** \$4475  
**EARLY ENROLLMENT STARTS AT** \$4075

Due to the limited size of the group and the intimate nature of the workshop, SOUL OF HEALING quickly becomes over-subscribed. Please speak with a program consultant to reserve your space or register for a waiting list. Prices are subject to change.

### WHO CAN BENEFIT?

SOUL OF HEALING will help anyone seeking healing at the deepest soul level, including those who desire:

- Heightened mental clarity
- Renewed vitality and enthusiasm
- Enhanced metabolism
- Nurturing care at the Chopra Center
- Greater balance and fulfillment
- Rejuvenating massage treatments
- Timeless Ayurvedic healing tools



*"The energy that was created and nurtured during these four days has given me a great sense of connection and love that I'll carry with me into the world."*

MATTHEW, AGOURA HILLS, CALIFORNIA

## JOURNEY INTO HEALING™

AN AYURVEDIC IMMERSION

**February 14–17, 2008** La Costa Resort & Spa, Carlsbad, California  
**June 19–22, 2008** Emerald Pointe, Lake Lanier, Georgia  
**Nov 13–16, 2008** The Westin, Westminster, Colorado

This signature Chopra Center workshop led by Deepak Chopra, M.D. and David Simon, M.D. integrates the ancient wisdom of the East with modern Western medicine. During this powerful four-day program, you will meditate, experience the SEVEN SPIRITUAL LAWS OF YOGA, dine on delicious Ayurvedic vegetarian lunches prepared from the Chopra Center cookbook and learn practical tools that you can use every day to create perfect health, including:

- PRIMORDIAL SOUND MEDITATION
- Instruction in the Ayurvedic healing system
- Identifying the mind-body constitutions (*doshas*)
- Choosing foods and a diet that balance your constitution
- The wisdom of natural herbs and your inner pharmacy
- Stress management techniques
- Developing fulfilling relationships

Join us for a profound journey into mind-body healing. In addition to sessions with Deepak and David, every JOURNEY INTO HEALING program features special guests such as holistic oncologist Jeremy Geffen, renowned Ayurvedic expert David Frawley, and the Chopra Center's very own Malynn Utzinger, M.D.

**STANDARD TUITION** \$1975  
**EARLY ENROLLMENT STARTS AT** \$1275

JOURNEY INTO HEALING is a pre-requisite for those seeking to become Chopra Center Certified Instructors, Vedic Masters and for those who want to become consultants for the Chopra Center's Ayurvedic Product Network (APN). Prices are subject to change.

**CME AND CEU CREDITS ARE AVAILABLE.**

### WHO CAN BENEFIT?

Whether you're just beginning to explore holistic healing or are an experienced practitioner, this training will take you to new levels of understanding about:

- The connection between environment, physiology and emotions
- Identifying and balancing your mind-body constitution (*dosha*)
- New discoveries in holistic medicine
- Managing stress and preventing burnout and illness
- Keys to a balanced diet and the body's inner pharmacy
- The science of Ayurveda and the Eastern healing arts



#### WHO CAN BENEFIT?

Anyone wishing to take a quantum leap in health, creativity, flexibility and vitality will receive profound benefits at GROW YOUNGER, LIVE LONGER. Whether you're 25 or 75, you will learn how to revitalize your mind and body, create more happiness in your life and reverse the aging process.



## GROW YOUNGER, LIVE LONGER™

THE CHOPRA CENTER'S PREMIERE ALASKAN CRUISE

FEATURING CHOPRA CENTER CO-FOUNDERS  
DEEPAK CHOPRA, M.D. & DAVID SIMON, M.D.

June 4–11, 2008

Anchorage, Alaska to Vancouver, Canada

The Chopra Center is pleased to present GROW YOUNGER, LIVE LONGER, a life-changing voyage that will help you reverse the aging process and tap into your inner reservoirs of energy, creativity and fulfillment. Deepak and David will guide you in the transformative 10-step renewal process that they describe in their best-selling book *Grow Younger, Live Longer* but have never before taught in a group setting. Even better, you'll get to experience this powerful program on a luxury cruise through one of the most beautiful areas of the world.

During GROW YOUNGER, LIVE LONGER, you'll take an unforgettable eight-day/seven-night cruise through Alaska's Inside Passage, traveling through blue ice glaciers, soaring mountains and primordial forests as you journey from Anchorage, Alaska to Vancouver, British Columbia.

This new program will teach you a powerful approach to healing and revitalizing your body and mind that draws upon the timeless wisdom traditions of the East, the modern discoveries of quantum physics and Deepak and David's many years of personal and professional experience. As you're pampered in the first-class accommodations of an all-suites cruise ship, you'll learn profound principles that will transform the way you look, feel and live your life.

At GROW YOUNGER, LIVE LONGER you will experience Alaska's pristine wilderness from a luxurious perspective while you learn an extraordinarily effective 10-step process for reversing your biological age, including instruction in:

- Stress management
- Restful sleep
- Optimal nutrition
- Sexual vitality
- Fulfilling relationships
- Cultivating a youthful mind

In addition to these powerful sessions with Deepak and David, you will learn PRIMORDIAL SOUND MEDITATION and the SEVEN SPIRITUAL LAWS OF YOGA; experience pilates, calisthenics and movement; and join Chopra Center senior educators as they guide you in meditation and Ayurvedic cooking classes. You'll also have abundant free time for relaxing, hiking and exploring the beautiful ports of call along Alaska's Inside Passage. This is a family-friendly cruise, offering a Club Mariner youth program with numerous fun activities for your children to enjoy while you're attending the healing sessions at GROW YOUNGER, LIVE LONGER.

We invite you to join Deepak, David and the Chopra Center family on the excursion of a lifetime!

**CALL FOR PRICING**





## EMOTIONAL FREEDOM™

**April 21–25, 2008**    **La Costa Spa & Resort, Carlsbad, California**

**December 1–5, 2008**    **La Costa Spa & Resort, Carlsbad, California**

If you want to let go of pain, anger and feelings that keep you from moving forward, you are ready for EMOTIONAL FREEDOM. This powerful new program designed by Deepak and David will help you let go of emotional turmoil and invite joy, love and wellbeing into your life.

During this intimate five-day workshop, Deepak, David and the Chopra Center family will gently guide you on an exploration of your emotions, taking you to the deepest levels of your heart so that you can release the pain you've stored inside. You will experience healing Ayurvedic spa treatments and learn valuable techniques to support your growth, including:

- Instruction in PRIMORDIAL SOUND MEDITATION
- Therapeutic spa treatments
- Daily group meditations
- Heart-opening yoga classes
- Inspiring sessions led by Deepak and David
- Delicious vegetarian lunches from the Chopra Center cookbook
- A celebration dinner

EMOTIONAL FREEDOM offers you a special opportunity to connect with yourself at the soul level. Whether you've recently experienced an upsetting event or have been carrying the pain of old wounds for a long time, you will be lovingly supported and take home tools and techniques to continue to deepen your experience of emotional freedom.

**STANDARD TUITION**                    **\$3975**

**EARLY ENROLLMENT STARTS AT**    **\$2975**

Prices subject to change.

### WHO CAN BENEFIT?

Anyone seeking emotional release and freedom in their lives will receive healing benefits at EMOTIONAL FREEDOM, including people who want to:

- Grieve a loss
- Make peace with a parent or other family members
- Move past the emotional pain of a divorce or break-up
- Attract loving relationships
- Recover a sense of trust and openness
- Let go of regrets and feel whole again
- Move forward after an emotional setback
- Experience greater fulfillment and joy

“ You and I are essentially infinite choice makers. In every moment of our existence we are in that field of all possibilities where we have access to an infinity of choices. ”

— DEEPAK CHOPRA, M.D.





“As a successful entrepreneur, I was looking for something to take me to the next level. I never could have anticipated the profound transformation that SYNCHRODESTINY gave me. I feel totally empowered and I have the daily tools to break thru. Spending these 4 days with Deepak and David has truly given me the power to manifest my deepest desires.”

—PAUL, CHICAGO, ILLINOIS

## SYNCHRODESTINY™

**February 7–10, 2008** Westin Diplomat, Hollywood, Florida

**May 1–4, 2008** Sedona Rouge, Sedona, Arizona

**Sept 25–28, 2008** Skamania Lodge, Portland, Oregon

Extraordinary coincidences, events and ideas come into our lives every day, orchestrated by the infinite intelligence that governs all creation. For more than a decade, the SYNCHRODESTINY workshop has shown thousands of attendees how to harness the creative power of coincidence to achieve their deepest purpose and goals.

During this magical four-day program you will receive hands-on training from Deepak and David as they guide you on an inspiring exploration of the field of pure potentiality and the universal patterns that shape your life—coincidence, karma, consciousness and intention.

In an intimate group setting, you will learn the SEVEN SPIRITUAL LAWS OF YOGA and advanced meditation techniques, including the use of *sutras*. You will also enjoy delicious Ayurvedic lunches and dinners prepared from the Chopra Center cookbook. The experience culminates in a special celebration dinner featuring live entertainment.

Take your next step towards SYNCHRODESTINY and learn to see your amazing potential in every moment!

<b>STANDARD TUITION</b>	<b>\$4175</b>
<b>EARLY ENROLLMENT STARTS AT</b>	<b>\$3375</b>

Due to the limited size of the group and the intimate nature of the workshop, SYNCHRODESTINY quickly becomes over-subscribed. Please speak with a program consultant to reserve your space or register for a waiting list. Prices subject to change.

### WHO CAN BENEFIT?

If you want take your life to the next level, SYNCHRODESTINY offers immense benefits, including showing you how to:

- Harness the power of coincidence and karma to fulfill your goals
- Attract people who support your vision
- Surround yourself with success AND love
- Apply timeless tools to create the life of your dreams
- Eliminate anxiety and expand your capacity for happiness
- Solve problems by accessing your inner wisdom



“It is awesome to be in the presence of, and be taught by such magnificent individuals. This program is a seduction of my highest self, which is God.”

—JOANNA, NEWTOWN SQUARE, PENNSYLVANIA

## SEDUCTION OF SPIRIT™

**March 31–April 5, 2008** Horseshoe Bay Marriott, Austin, Texas

**July 7–12, 2008** CityWest Hotel, Dublin, Ireland

**Oct 27 – Nov 1, 2008** Sheraton, Carlsbad, California

Now in its 11<sup>th</sup> year, the life-changing SEDUCTION OF SPIRIT retreat is a rare opportunity to learn the secrets of meditation, unlock the stillness that rests within your soul and connect to your spiritual essence like never before. Each day, in an interactive group setting, Deepak, David and the Chopra Center family will guide you in a daily practice of deep meditation, mindfulness and inner discovery. You will experience higher states of consciousness and expand your awareness of your soul's purpose.

This six-day meditation retreat interweaves the *Seven Spiritual Laws of Success*, advanced meditation techniques, daily energy work and yoga practice. Deepak and David will help you explore the layers of your inner self, teaching you to go beyond the conditioned patterns that restrict your life. You will dine on delicious Ayurvedic vegetarian lunches from the Chopra Center Cookbook, relax with nightly entertainment and rejoice in your awakening with a special celebration dinner on the last evening.

Join us in magical locations – Austin, Ireland and San Diego – and give yourself permission to accept the sweet and gentle energy of SEDUCTION OF SPIRIT.

<b>STANDARD TUITION</b>	<b>\$2575</b>
<b>EARLY ENROLLMENT STARTS AT</b>	<b>\$1875</b>

SEDUCTION OF SPIRIT is a pre-requisite for those seeking to become Chopra Center Certified Instructors and Vedic Masters. Prices subject to change.

### WHO CAN BENEFIT?

SEDUCTION OF SPIRIT offers powerful tools and wisdom that will help anyone seeking to awaken the deepest levels of spiritual awareness and connect with their higher self. If you want to deepen your meditation practice, break free of conditioned patterns and experience your highest purpose, you will benefit from this program.



*“Twenty years ago I learned to meditate but RENEWAL WEEKEND helped me jump-start it back into my life. Experiencing Deepak, David and the Chopra Center staff has truly put me on a path to renewal. In just one weekend, I feel reborn.”*

—DIANE C., BOSTON, MASSACHUSETTS

## RENEWAL WEEKEND™

THE CHOPRA CENTER GATEWAY EXPERIENCE

**May 23–25, 2008** Park Central Hotel, New York City  
**August 22–24, 2008** Westin, Chicago, Illinois

This revitalizing weekend introduces you to Chopra Center co-founders Deepak Chopra and David Simon and the timeless teachings of the Chopra Center for Wellbeing. At RENEWAL WEEKEND, you will learn about the fusion of modern mind-body medicine and the Eastern healing arts that has become so popular around the globe.

If you are curious about how you can use holistic tools and techniques to create a more balanced and fulfilling life, RENEWAL WEEKEND is for you. You will deepen your understanding, find out what your next step into healing is and return home feeling rejuvenated and inspired.

RENEWAL WEEKEND is a rare opportunity to experience the wisdom and teaching of Deepak and David, both pioneers in the field of holistic medicine. They will guide you in amazing exploration of the SEVEN SPIRITUAL LAWS OF YOGA, PRIMORDIAL SOUND MEDITATION, techniques for emotional wellbeing and Ayurveda—the ancient healing practice of India.

RENEWAL WEEKEND includes a private book signing reception and special gift.

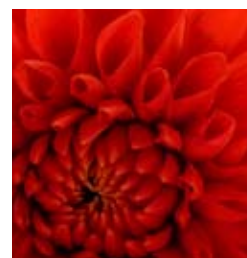
<b>STANDARD TUITION</b>	<b>\$575</b>
<b>COMPANION TUITION</b>	<b>\$475</b>
<b>SECOND COMPANION</b>	<b>\$100</b>

Prices subject to change.

### WHO CAN BENEFIT?

RENEWAL WEEKEND is an opportunity to explore mind-body medicine and discover your next step on the path of greater wellbeing and happiness. Some of the major benefits include:

- PRIMORDIAL SOUND MEDITATION instruction
- SEVEN SPIRITUAL LAWS OF YOGA sessions with experts
- Rejuvenation of a weekend getaway
- Enhanced understanding of Ayurveda and natural health
- Re-connection with your own needs and desires



*“I feel a profound sense of release and relief from having been through this process and I feel like I can move forward in a very meaningful way.”*

—SUJATA, AUSTIN, TEXAS

## HEALING THE HEART™

**February 22–24, 2008** La Costa Resort & Spa, Carlsbad, California  
**July 25–27, 2008** Vancouver, BC, Canada

Everyone experiences the loss of something they cherish at some point in their life, whether a loved one, a job, or a sense of joy and purpose. These upsetting events can spiral us down into a world of despair. HEALING THE HEART is a deeply transformative experience that will help you move beyond your pain and reclaim your wholeness.

At HEALING THE HEART, Chopra Center co-founder and medical director David Simon, M.D. will lead you through a unique three-stage healing process that integrates the ancient wisdom of Ayurveda with modern psychological principles. In a loving, supportive setting, you'll gently identify and release your emotional struggles and nourish the emotional needs of your heart and soul. Through a powerful sequence of exercises, you will let go of guilt, anger and sadness; forgive yourself and others; and make peace with yourself at last.

In addition to sessions with Dr. Simon and the Chopra Center family, HEALING THE HEART includes instruction in PRIMORDIAL SOUND MEDITATION, heart-opening yoga sessions and delicious vegetarian Ayurvedic lunches created from the Chopra Center Cookbook.

Join us for this special opportunity to release your pain and open your heart to love.

<b>STANDARD TUITION</b>	<b>\$1375</b>
<b>EARLY ENROLLMENT STARTS AT</b>	<b>\$975</b>
<b>COMPANION TUITION</b>	<b>\$675</b>

Prices subject to change.

### WHO CAN BENEFIT?

HEALING THE HEART has helped many people coping with a wide range of difficulties, including:

- Divorce and break-ups
- Painful memories and regrets
- Abusive childhoods
- Death of a loved one
- Old emotional wounds
- Job loss and burnout
- Disappointment and setbacks



*"I loved the beautiful energy of this retreat and I feel so refreshed and nourished. I will use the yoga and meditation techniques throughout my entire life! I am blessed!"*

-JESSICA, NEWPORT BEACH, CALIFORNIA

## THE CHOPRA CENTER YOGA RETREAT

**March 6–9, 2008**

**The Crossings, Austin, Texas**

**September 4–7, 2008**

**Carlsbad, California**

The Chopra Center teaches a consciousness-based yoga that integrates 5,000-year-old Vedic wisdom and the yogic interpretations of Deepak Chopra, David Simon and Claire Diab, the director of the Chopra Center's SEVEN SPIRITUAL LAWS OF YOGA program. We guide students to experience body-centered restful awareness, which in turn helps them find the perfect way to achieve higher states of consciousness on and off the mat.

This year our popular four-day YOGA RETREAT will take place at The Crossings retreat center in Austin, Texas and in the beautiful coastal city of Carlsbad, California. In a nurturing and inspiring environment, you will experience renewal and gain a deeper understanding of your spiritual path and personal practice. With the support of our diverse and experienced instructors, you will learn powerful techniques that can be integrated into your daily life.

### THE YOGA RETREAT FEATURES:

- Instruction in PRIMORDIAL SOUND MEDITATION
- Breath and energy work
- Chanting
- Delicious Ayurvedic lunches from the Chopra Center Cookbook
- Sanskrit and mantra lessons
- The healing practices of Ayurveda

This retreat is open to practitioners of all levels, whether you're just beginning to explore yoga or are an advanced practitioner. Join us for an experience that will forever resonate in your soul!

### STANDARD TUITION

**\$575**

Prices subject to change.

### WHO CAN BENEFIT?

Anyone who wants to experience greater levels of wellbeing, increased flexibility and the timeless power of yoga will receive many benefits at the Chopra YOGA RETREAT, including:

- Newcomers to the practice of yoga who want to learn from experts in a supportive environment
- Experienced yogis interested in finally developing a powerful meditation practice to enhance their yoga practice
- Those who want to gain a deeper understanding of Vedic scriptures
- Anyone who wants to gain a solid foundation in the practice and philosophy of yoga



## ALSO AT THE CHOPRA CENTER

### PRIMORDIAL SOUND MEDITATION INSTRUCTION

PRIMORDIAL SOUND MEDITATION is a powerful practice for moving into inner stillness and experiencing spiritual awakening. It derives from the yogic tradition of India, which focuses on achieving a blissful union of mind, body and spirit. A regular meditation practice helps us go beyond the inner turbulence of the mind into the pure silence of unbounded awareness. As many studies have shown, meditation is profoundly healing, lowering blood pressure, releasing stress and strengthening the immune system.

Deepak and David have revived the ancient practice of PRIMORDIAL SOUND MEDITATION and made it available in a format that everyone can easily learn. The essential timeless teachings have been maintained in their pure, original form, ensuring the most beneficial experience.

We offer a free introduction to PRIMORDIAL SOUND MEDITATION every Friday, a complete three-day instruction most Monday through Wednesdays and an additional weekend program. For the current openings or if you would like to enroll in a course, please speak with a program consultant.

### DAILY YOGA CLASSES

Each day at the Chopra Center in Carlsbad, you can experience the gifts of yoga in sessions led by Certified Chopra Center Instructors. In the loving setting of the Center and guided by caring experts, you will deepen your yoga practice and connect with your essential spiritual self.

For a schedule go to [www.chopra.com/dailyclasses](http://www.chopra.com/dailyclasses).

### EXECUTIVE AND GROUP PROGRAMS

The Chopra Center offers a variety of half- or full-day sessions, weekend seminars and longer programs for groups, businesses and organizations interested in bringing balance into their collective lives. You can choose from a wide range of educational workshops, stress management techniques (including yoga and meditation) and Ayurvedic spa treatments designed to nurture the mind, body and spirit. All of our programs increase productivity and wellness in the workplace. We also work with guest groups to tailor programs that meet their specific needs and interests. Please ask a program consultant for further information or go to [www.chopra.com/groups](http://www.chopra.com/groups) to read more.

### AYURVEDIC SPA TREATMENTS

Experience a revitalizing Ayurvedic treatment in the relaxing setting of the Chopra Center. Our signature spa treatments are based on centuries-old Ayurvedic therapies that support balance and bliss in your life. Our expert therapists use specific oils, herbs and aromas to customize your treatment for your specific mind-body constitution. Please call or visit [www.chopra.com/spa](http://www.chopra.com/spa) for detailed information about our unique healing treatments.



## TEACHER'S PATH



The Chopra Center offers teacher training and certification programs in PRIMORDIAL SOUND MEDITATION, SEVEN SPIRITUAL LAWS OF YOGA, and PERFECT HEALTH. To start your journey on the Teacher's Path, Deepak and David suggest you begin by enrolling in SEDUCTION OF SPIRIT or JOURNEY INTO HEALING.

*The Chopra Center provides ongoing support to our global network of Chopra Center Certified Instructors, including teleconferences, web marketing, community-building ideas, presentation suggestions, advertising and access to our international referral service. For details on curriculum and tuition, and to begin your first step on the Teacher's Path, call 760.494.1639 or email teacherspath@chopra.com.*

## SEVEN SPIRITUAL LAWS OF YOGA™

Instructor Certification Program

<b>May 18–23, 2008</b>	<b>Practical Training Part A</b>	<b>Vancouver, Canada</b>
<b>July 19–25, 2008</b>	<b>Review &amp; Certification Part B</b>	<b>Vancouver, Canada</b>
<b>Aug 10–15, 2008</b>	<b>Practical Training Part A</b>	<b>Carlsbad, California</b>
<b>Oct 11–17, 2008</b>	<b>Review &amp; Certification Part B</b>	<b>Carlsbad, California</b>

The SEVEN SPIRITUAL LAWS OF YOGA is a unique consciousness-based yoga that blends the ancient Vedic teachings with spiritual practices for love, creativity and happiness. Yoga helps us expand our sense of self so that we can peacefully meet life's challenges and experience healing and higher states of awareness. We've designed our instructor certification program so that you can share this valuable knowledge and practice of the SEVEN SPIRITUAL LAWS OF YOGA with those in your community.

Whether you are new on the path of yoga and self-discovery or want to deepen your knowledge, enrollment in the SEVEN SPIRITUAL LAWS OF YOGA certification course will take your understanding of the true principles of yoga and conscious living to the next level. The program includes meditation, pranayama, yoga sutra instruction, asana development, Sanskrit sessions, chanting, anatomy classes and mantra study.

In keeping with the yogic philosophy of ease and flexibility, our certification program offers a flexible schedule to fit your needs and a powerful curriculum designed by Deepak Chopra, David Simon, and Claire Diab, the director of the SEVEN SPIRITUAL LAWS OF YOGA program. Claire is the founder of the American Yoga Academy and is an internationally renowned yoga therapist and fitness specialist with more than 18 years of experience.

Upon completion of the certification course, you will be authorized to use the titles SEVEN SPIRITUAL LAWS OF YOGA Instructor and Chopra Center Yoga Instructor. You'll also have access to ongoing support from the Chopra Center as you develop your personal yoga practice and teach others. For more information call 888.736.6893 or email [yoga@chopra.com](mailto:yoga@chopra.com)

## PRIMORDIAL SOUND MEDITATION™

Instructor Certification Program

<b>May 25–31, 2008</b>	<b>La Costa Resort &amp; Spa, Carlsbad, California</b>
<b>October 20–26, 2008</b>	<b>La Costa Resort &amp; Spa, Carlsbad, California</b>

PRIMORDIAL SOUND MEDITATION (PSM) is a timeless meditation technique derived from the Vedic tradition of India. With regular practice—twice daily—we expand our awareness and connect with our inner spirit. In fact, meditation is the most powerful tool we have for rediscovering our essential eternal nature. Another wonderful aspect of meditation is that when you teach people how to do it, the benefits of your own personal practice are magnified many times over.

Our PRIMORDIAL SOUND MEDITATION certification program continues to grow as individuals from all around the globe fall in love with meditation and its healing effects and want to share this valuable healing practice with people in their community. The program is a six-day intensive immersion that gives you the knowledge and experience to teach PRIMORDIAL SOUND MEDITATION. As a certified instructor, you are qualified to assist Deepak Chopra in his various speaking engagements around the world and represent the Chopra Center. You will also have the freedom to organize, market and teach courses in a way that fits your personal schedule and needs.

## PERFECT HEALTH™

THE CHOPRA CENTER AYURVEDIC LIFESTYLE PROGRAM  
Instructor Certification Program

<b>May 5–11, 2008</b>	<b>Lake San Marcos, California</b>
<b>November 2–9, 2008</b>	<b>La Costa Resort &amp; Spa, Carlsbad, California</b>

The PERFECT HEALTH certification program is an intensive six-day immersion into the ancient teachings of Ayurveda as translated by Deepak Chopra and David Simon. In this program you will gain the knowledge and skills needed to teach the PERFECT HEALTH course in your own community.

The PERFECT HEALTH certification course offers a five-step exploration of mind-body medicine and Ayurveda, including the mind-body constitution, nutrition, daily routine, emotional healing and accessing the inner pharmacy through the five senses. Certified Chopra Center Instructors will be qualified to share the healing wisdom of Ayurveda, enabling others to use its powerful principles and techniques in their daily lives. As a certified instructor, you will learn to how to organize, market and teach courses in PERFECT HEALTH.

*"Wow, what an amazing experiential program! I learned with my body as I learned with my mind. Each day flowed smoothly into the next, building on my new knowledge and abilities. I never thought I would be able to achieve the postures so effortlessly. My body and mind have truly transformed."*

—CHRIS, PUEBLO, COLORADO



## 2008 PROGRAM SCHEDULE

DATE	PROGRAM	LOCATION
January 14–18	Soul of Healing	La Costa Resort & Spa, Carlsbad, California
February 7–10	SynchroDestiny	Westin Diplomat, Hollywood, Florida
February 14–17	Journey into Healing	La Costa Resort & Spa, Carlsbad, California
February 22–24	Healing the Heart	La Costa Resort & Spa, Carlsbad, California
March 6–9	Yoga Retreat	The Crossings, Austin, Texas
March 17–21	Soul of Healing	La Costa Resort & Spa, Carlsbad, California
March 31–April 5	Seduction of Spirit	Horseshoe Bay Marriot, Austin, Texas
April 21–25	Emotional Freedom	La Costa Resort & Spa, Carlsbad, California
May 1–4	SynchroDestiny	Sedona Rouge, Sedona, Arizona
May 5–11	Perfect Health/Ayurveda Teacher Training	Lake San Marcos, California
May 18–23	Yoga Certification Part IA	Chopra Yoga, Vancouver, BC, Canada
May 23–25	Renewal Weekend	Park Central Hotel, New York City
May 25–31	Primordial Sound Meditation Teacher Training	La Costa Resort & Spa, Carlsbad, California
June 4–11	Grow Younger, Live Longer	Alaska Cruise: Anchorage to Vancouver, BC Canada
June 19–22	Journey into Healing	Emerald Pointe, Lake Lanier, Georgia
June 26–29	Secrets of Enlightenment	La Costa Resort & Spa, Carlsbad, California
July 7–12	Seduction of Spirit	CityWest Hotel, Dublin, Ireland
July 19–25	Yoga Certification Part IB	Chopra Yoga, Vancouver, BC, Canada
July 25–27	Healing the Heart	Vancouver, BC, Canada
August 10–15	Yoga Certification Part 2A	La Costa Resort & Spa, Carlsbad, California
August 22–24	Renewal Weekend	The Westin Chicago River North
September 4–7	Yoga Retreat	Carlsbad, California
September 15–19	Soul of Healing	Dream, New York City
September 25–28	SynchroDestiny	Skamania Lodge, Portland, Oregon
October 11–17	Yoga Certification Part 2B	La Costa Resort & Spa, Carlsbad, California
October 16–19	Secrets of Enlightenment	La Costa Resort & Spa, Carlsbad, California
October 20–26	Primordial Sound Meditation Teacher Training	La Costa Resort & Spa, Carlsbad, California
Oct 27–Nov 1	Seduction of Spirit	Sheraton, Carlsbad, California
November 3–7	Soul of Healing	La Costa Resort & Spa, Carlsbad, California
November 2–9	Perfect Health/Ayurveda Teacher Training	La Costa Resort & Spa, Carlsbad, California
November 13–16	Journey into Healing	The Westin, Westminster, Colorado
December 1–5	Emotional Freedom	La Costa Resort, Carlsbad, California

All dates and locations are subject to change. Ask your Program Consultant when booking.

Registrants have 36 hours from the time of payment to cancel and receive a full refund; after 36 hours from time of payment, there are no refunds. In the event a registrant must cancel after 36 hours from payment, all payments can be credited towards future Chopra Center events. Upon cancellation, guests will have 90 days to decide on dates for a future event. If guests are unable to decide within 90 days, they will be issued an equal value Chopra Center Gift Certificate.

