

# JOURNEY INTO HEALING



*Journey into Healing* is the Chopra Center's most profound mind-body healing workshop. Experience a unique immersion that integrates modern Western medicine with Eastern healing arts, teaching you how to assist your body in healing itself:

- Instruction in *Primordial Sound Meditation* and daily group meditations
- Morning and evening *Seven Spiritual Laws of Yoga* classes (all levels)
- The science of Ayurveda and a mind-body perspective on health and disease
- The role of emotions and the mind in health and wellbeing
- CME credits for physicians and other health care practitioners

## Learn with the masters of mind-body medicine

Join us for this rare opportunity to expand your understanding of mind-body healing, Ayurveda, and integrative health care. *Journey into Healing* features sessions with Chopra Center co-founder Deepak Chopra, M.D.; integrative health expert Valencia Porter, M.D., M.P.H.; Dean of Chopra Center University, davidji; and a team of renowned guest speakers.

## Who Will Benefit?

Whether you are new to mind-body healing or you are a health care professional interested in bringing complementary approaches into your practice, *Journey into Healing* will empower you with practical tools and understanding to make the most conscious healing choices.

*Journey into Healing* is a powerful exploration of Ayurveda and integrative medicine. Founded on the principle that health is more than just the absence of disease, it is physical, emotional, and spiritual wellbeing – *Journey into Healing* will help you bring these timeless healing practices into your daily life.

Qualifies for CE units • Call for information

### DATES:

Mar 7–11, 2012    Carlsbad, CA    5-Day  
Aug 16–19, 2012    Carlsbad, CA    4-Day

### PRICES STARTING AT \$1,695\*

Standard Price \$2,175\*

online enrollment available • [chopra.com/journey](http://chopra.com/journey)



Space is limited. Call today to enroll

888.736.6895 • [learn@chopra.com](mailto:learn@chopra.com) • [chopra.com](http://chopra.com)

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