

# SEDUCTION OF SPIRIT



*Seduction of Spirit* is a rare opportunity to step away from the constant demands on our attention – the emails, text messages, phone calls, meetings, errands, and conferences – and dive into the stillness and silence that flows beneath life's chaotic surface.



## Meditation and yoga retreat

In a supportive group of like-minded individuals, Deepak Chopra and other Chopra Center master educators will guide you in *Primordial Sound Meditation*, *Seven Spiritual Laws of Yoga*, visualizations, creative activities, and discussions that will help you move from constriction to expansion, from fear to love, and from heaviness to happiness.

This beautiful retreat is about slowing down and tuning into the peace of present moment awareness. Through the practice of *Primordial Sound Meditation*, *Seven Spiritual Laws of Yoga*, and other timeless tools, you will begin to:

- Deepen your meditation practice
- Reconnect with your deepest dreams and desires
- Move beyond limiting conditioned beliefs
- Tap into your hidden inner reserves and potential
- Appreciate the gifts of your life as it unfolds
- Let go of the struggle and achieve more by doing less
- Experience the mind-body harmony of yoga
- Release the stress and obstacles to balanced living

*Seduction of Spirit* is suitable for people of all faiths, and for both beginning and experienced meditators.

## Who Can Benefit?

*Seduction of Spirit* is a profound experience that offers a lifetime of healing benefits to anyone seeking spiritual awakening, emotional wellbeing, and greater physical health and vitality. The many gifts of *Primordial Sound Meditation* and *Seven Spiritual Laws of Yoga* include:

- Higher states of consciousness
- Greater levels of intuition and creativity
- Increased flexibility and energy
- Relief from stress and anxiety
- Restful sleep and inner calm
- Awakening to deeper purpose and fulfillment

### DATES:

April 22–28, 2012      La Costa Resort & Spa, Carlsbad, CA

**Theme: Music & Meditation**

July 9–15, 2012      Eaglewood Resort, Chicago, IL

**Theme: Pathway to Happiness**

Oct 29–Nov 4, 2012      La Costa Resort & Spa, Carlsbad, CA

**Theme: Discover your Purpose**

**PRICES STARTING AT \$2,225\***

Standard Price \$2,775\*

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



Space is limited. Call today to enroll

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

Sign up to receive our free monthly newsletter and guided meditations:  
[chopra.com/newslettersignup](http://chopra.com/newslettersignup)