

3-Day Introductory Workshop

# A WEEKEND WITHIN



If you're curious about *Primordial Sound Meditation*, *Seven Spiritual Laws of Yoga*, and other mind-body practices but aren't sure where to begin, *A Weekend Within* is an ideal starting point. At this three-day, introductory workshop, Deepak Chopra; lead educator, davidji; and other master Chopra Center instructors introduce you to these timeless teachings in a comfortable group environment.

## Your Gateway to Mind-Body Wellbeing

*A Weekend Within* is a rare retreat getaway where you can luxuriate in the beautiful setting of La Costa Resort & Spa as you gain a toolkit of valuable practices that will serve your health, happiness, and inner balance for years to come. The workshop includes instruction in:

- ♦ *Primordial Sound Meditation*
- ♦ Your personalized mantra
- ♦ *Seven Spiritual Laws of Yoga*
- ♦ Conscious communication
- ♦ Stress relief practices
- ♦ And more!

The Chopra Center is located in the La Costa Resort & Spa at 2013 Costa del Mar Rd., Carlsbad, CA 92009

### DATES

May 18-20, 2012 Carlsbad, CA

### CALL FOR SPECIAL PRICING

Standard Price \$875\*

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



Space is limited. Call today to enroll

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