

Perfect Health Sample Schedule



7:00 a.m.	<i>Seven Spiritual Laws of Yoga</i> class
8:00 a.m.	Break. Tea, fruit, oatmeal, and light snacks available in dharma room.
8:30 p.m.	Primordial Sound Group Meditation
9:00 a.m.	Food as Medicine, led by the Chopra Center staff*
10:30 a.m.	Individual ayurvedic massage treatments, panchakarma, and medical consultations
11:30 a.m.	Ayurvedic lunch and personal time to rest, luxuriate, or take a walk on the beautiful grounds of La Costa Resort
3:00 p.m.	Follow up to meditation class
4:45 p.m.	Break
5:00 p.m.	Primordial Sound Group Meditation
6:00 p.m.	<i>Seven Spiritual Laws of Yoga</i> class

*Each day of *Perfect Health* includes morning and afternoon classes led by a member of the Chopra Center's medical staff and lead educators.



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While the schedule at each event varies, this schedule of a sample day will give you a good sense of the flow of activities, sessions, meals, and meditations at *Perfect Health*.

*This sample schedule is subject to change without notice.