

A WEEKEND WITHIN



BEGINNER'S PROGRAM • YOGA AND AYURVEDA • MEDITATION INSTRUCTION

A WEEKEND OF MEDITATION

A WEEKEND WITHIN provides a perfect introduction to the vast teachings of the Chopra Center for Wellbeing, including the foundational practices of meditation, yoga, and ayurveda – the oldest healing system on the planet. Each day you will learn tools and techniques to balance and heal your body, your emotions, and your soul.

chopra.com/weekendwithin

Space is limited.
Call today to enroll.

DATE & LOCATION

Apr 30–May 2 Carlsbad, California

WHO CAN BENEFIT?

People seeking:

- Relief from stress and anxiety
- Tools of preventive medicine
- Instruction in meditation and yoga
- Knowledge of ayurveda
- Greater health and balance

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