TOO MANY THOUGHTS?

STRESSED OUT?

FEEL LETHARGIC?

AND OUT OF BALANCE?

REGISTER FOR THE

PRIMORDIAL SOUND MEDITATION WORKSHOP

Developed by

DEEPAK CHOPRA, M.D. and DAVID SIMON, M.D.

Co-founders **of THE CHOPRA CENTER FOR WELLBEING**

Practicing **Primordial Sound Meditation** helps you:

- Manage stress & reduce anxiety
- Improve your relationships
- Awaken your intuition and create inner peace
- Enhance your sleep patterns
- Lower your blood pressure
- Connect more deeply to spirit

REGISTER AT TEMPE YMCA FRONT DESK

7070 S Rural Rd, Tempe AZ 85283

PHONE: (480) 730-0240

BEFORE WED, MARCH 17th, 10

Workshop Dates:

Mar 27th, Sat 10:00 – 1:00 pm &
Afternoon 1:1 Instruction slot (30 min)
Mar 28th, Sun 12:30 pm – 4:30 pm

One Time Cost: Any YMCA Member: $125
Non-member: $150

Workshop Location: Chandler Police Dept Desert Breeze Substation, 251 N. Desert Breeze, Chandler, AZ 85226

FREE GROUP MEDITATION SESSIONS AFTER ATTENDING THE WORKSHOP

For more information contact Chopra Center Certified Instructor

Anita Rangaswami 480-598-9961 anita@pranagyana.com www.pranagyana.com