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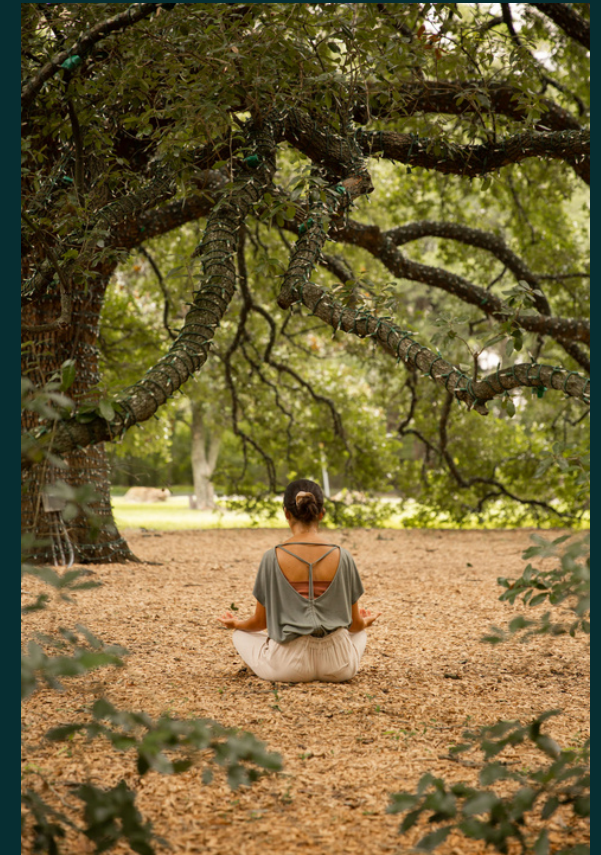
Mayra Sanchez-Garcia



 **CHOPRA CENTER**
CERTIFIED INSTRUCTOR

LEARN TO MEDITATE

USING THE TIMELESS PRACTICE OF
PRIMORDIAL SOUND MEDITATION



DEVELOPED BY

DEEPAK CHOPRA, M.D AND DAVID SIMON, M.D.
CO-FOUNDERS OF THE CHOPRA CENTER FOR
WELLBEING - chopra.com

WHAT ARE THE BENEFITS OF MEDITATION?

By practicing the techniques learned in the Primordial Sound Meditation program you will be able to

- Reduce stress
- Decrease Anxiety
- Create inner peace
- Enhance sleep patterns
- Lower blood pressure
- Connect with spirit

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WHAT IS MEDITATION?

Meditation is a tool for rediscovering the body's own inner intelligence. Practiced for thousands of years, it is not about forcing the mind to be quiet; it is about finding the silence that is already there and making it a part of your life.

Practicing meditation on a daily basis allows us to weave silence and stillness into our mind and body to create a life of better fulfillment.

Meditation is a journey to the center of our very being; a journey to emotional freedom, and a journey to the reawakening of our unconditional self.



WHAT IS PRIMORDIAL SOUND MEDITATION (PSM)?



PSM is a meditation technique based on Primordial Sounds - the basic, most essential sounds of nature - and they are used to disconnect us from the activity of life. This ancient technique originated in India.



Once your Primordial sound mantra has been determined, you will be thought to use it on a daily basis to reawaken balance, tranquility, and compassion. Your Chopra Center-Certified instructor will help you to integrate this practice into your daily routine.



WHAT WILL I LEARN IN THE PSM PROGRAM?

SESSION 1

Your Chopra Center certified instructor will introduce you to the basic principles of meditation, **the origins, benefits, and the importance of your personalized mantra.**



SESSION 2

You will receive personal instructions in **your Primordial Sound Mantra and learn how to use it.** You will try meditation for the first time using your Primordial Sound Mantra.

SESSION 3

You will learn **practical aspects of meditation**, share your experiences, receive answers to any questions, and meditate with your instructor.

SESSION 4

You will attend a lecture about **higher states of consciousness** that can be achieved with regular Primordial Sound Meditation practice. Your instructor will share Deepak Chopra's vision of these higher states.

Primordial Sound Meditation is recommended for anyone who wishes enjoy deeper peace, greater freedom, and mastery of life. Take your next step towards developing a Primordial Sound Meditation practice, please feel free to call or email your Chopra certified instructor.