



“Meditation is not a way of making your mind quiet. It’s a way of entering into the quiet that’s already there—buried under the 50,000 thoughts the average person thinks every day.”

— Deepak Chopra, M.D

LEARN TO MEDITATE

USING THE TIMELESS PRACTICE OF
PRIMORDIAL SOUND MEDITATION

Practiced for thousands of years, meditation is a tool for rediscovering the body’s own inner intelligence. Primordial Sound Meditation uses individually selected sounds of nature called mantras, to disconnect us from the activity of life. These primordial sounds are based on the vibration the universe was creating at the moment of your birth. Practicing Primordial Sound Meditation on a daily basis will help you:

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

Learn Primordial Sound Meditation as developed by
DEEPAK CHOPRA, M.D. and **DAVID SIMON, M.D.**
Co-founders of **THE CHOPRA CENTER FOR WELLBEING,**

Dr. Neelam Taneja Ph.D

One to One teaching at

The Letchworth Centre for Healthy Living
Letchworth Garden City, Herts. SG63NA

Visit www.aummeditationyoga.com

email: healthyliving@letchworthcentre.org

Phone: +44 (0) 1462 678804

Or contact Sunil Vilas : +44 (0) 1462 677455



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