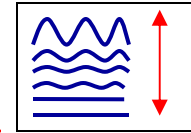


Learning Meditation: One to One Deepak Chopra Method

Personal Primordial Sound Vedic Mantra Meditation based on your Date and time of Birth



Dr NEELAM TANEJA



Certified Instructor

Manage stress & reduce anxiety
Improve relationships
Lower blood pressure and reduce hypertension
Promote restful sleep patterns
Connect with inner peace
Awaken creativity to improve performance
Connect more deeply to spirit

Inner peace is every breath
Neelam.pm@googlemail.com

• Free:

No obligation introductory session on meditation and why you should have your own personal mantra to experience meditation to enjoy inner peace and positive health

• Learning:

If you would like to proceed the program offers:

- A simple effective personal mantra meditation technique that is taught one to one, is based on your date & time of birth & place of birth
- Clear explanation of benefits of meditation
- What meditation is what it is not?
- How to get started and how to keep it going?
- Where to sit, what to wear and other practical matters?
- How to implement in every day life? A simple three step process including how to deal with difficult situations and people
- Healthy Eating: Integrative Best Practices
- Share the most frequently asked questions and responses
- All your questions answered simply
- Advice on further personal development

Price:

- Adults: £380 for over 20 hours of instruction in five sessions
- Small group: £304 per person (20% reduction)
- Under 16's: £90 per person.
 - The price includes a beautifully produced work book with space for your meditation journal and viewing of a special video on meditation experience and higher states of consciousness by Dr. Deepak Chopra MD. Other tailor made course material is also included plus you complete a mind body spirit health check questionnaire.
 - The price includes delicious vegetarian snacks and a light meal for all the sessions.
- Part of the profits are donated to selected registered charities including Garden House Hospice in Letchworth.

Free: Follow up e-mail / telephone support for 30 days and choice of further guided practice with me.

Timing: Flexible and agreed to fit in with your other commitments.

Location: The Letchworth Centre for Healthy Living. Contact 01462 678804,

healthliving@letchworthcentre.org

www.letchworthcentre.com