



Achieve Perfect Health

**CERTIFIED CHOPRA CENTER INSTRUCTORS OFFER
CLASSES/PRIVATE SESSIONS IN THREE AREAS:**

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

PERFECT HEALTH LIFESTYLE PROGRAM

The Perfect Health Lifestyle Program is a program of daily wellness founded on the 5,000-year-old healing system of medicine known as Ayurveda. Ayurveda states that health is not just the absence of disease; it is physical, emotional, and spiritual well-being.

The Perfect Health Lifestyle Program teaches students a powerful regimen of Ayurvedic practices and techniques to:

- Balance the mind-body
- Enhance nutrition
- Reduce emotional turbulence
- Restore vitality
- Re-awaken the senses

THE SEVEN SPIRITUAL LAWS OF YOGA

Whether you are a newcomer to yoga, or an experienced practitioner, The Seven Spiritual Laws of Yoga is a pathway to yoga's deeper spiritual dimension and a beautiful step to a happier, more harmonious life. More than an exercise routine, yoga is a complete science of balanced living and a path to higher knowledge and joyful abundance. The remarkable benefits of regular yoga practice only hint at the extraordinary power of this timeless teaching. Benefits include:

- Improved flexibility
- Enhanced balance
- Increased muscle tone
- Greater endurance
- Increased vitality

These programs were developed by DEEPAK CHOPRA, M.D. and DAVID SIMON, M.D., CO-FOUNDERS OF CHOPRA CENTER FOR WELLBEING. Learn about the Perfect Health Lifestyle Program, Primordial Sound Meditation, and The Seven Steps Spiritual Laws of Yoga at Fitness Arts.

Fitness Arts

847-397-2787

Info@fitnessarts.org

HOW DO I GET STARTED?

To take your next step toward developing a personal Chopra Center Mind-Body Program, or to learn more about our Certified Chopra Center classes held at Fitness Arts, please call or email us!

**Call today to reserve your
complimentary class!**

(New Students Only)

Mia Scheid, Vedic Master

Mia Scheid has earned the distinction and title of Vedic Master. As a Vedic Master, the teacher must be certified in all three branches of the Chopra Center's Teachers Path: Primordial Sound Meditation, the Seven Spiritual Laws of Yoga, and Perfect Health.

