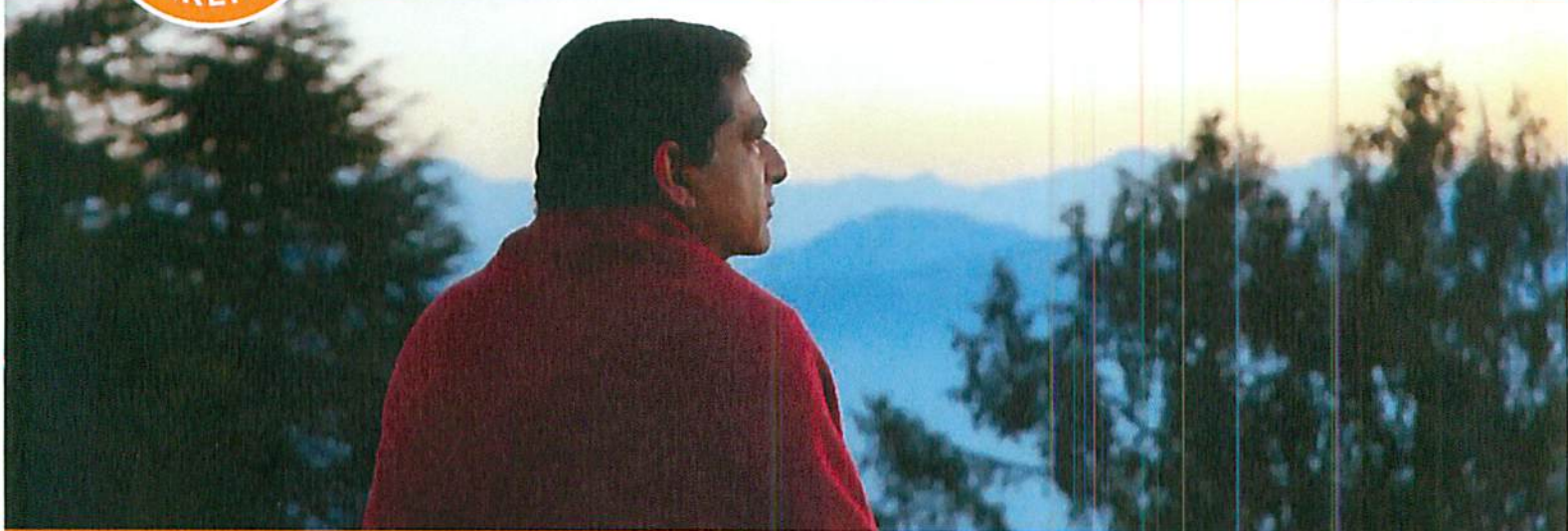




SEDUCTION OF SPIRIT



MEDITATION RETREAT • SPIRITUAL WISDOM • HIGHER CONSCIOUSNESS

MEDITATE WITH DEEPAK

SEDUCTION OF SPIRIT is our signature meditation retreat, designed for both beginning and experienced meditators. During this extraordinary week, Deepak Chopra and David Simon will teach you how to expand your consciousness, achieve clarity in your life, and tap into your highest human potential.

chopra.com/seduction

Space is limited.
Call today to enroll.

DATES & LOCATIONS

Mar 21–27, 2010	Marco Island, Florida
Aug 22–28, 2010	Sedona, Arizona
Nov 14–20, 2010	Carlsbad, California
Jul 3–9, 2011	Whistler, BC, Canada

WHO CAN BENEFIT?

Anyone asking the questions:

“Who am I?”

“What do I want?”

“What is my purpose?”

SEDUCTION OF SPIRIT offers powerful tools and wisdom that will help you awaken the depths of spiritual awareness and connect with your higher self.

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Sample Schedule

What is a typical day like at **SEDUCTION OF SPIRIT?**

6:00 – 6:30	Sunrise Meditation (optional)
6:30 – 7:00	Break
7:00 – 8:00	<i>Seven Spiritual Laws of Yoga</i> class or nature walk
8:00 – 8:45	Breakfast (on your own)
8:45 – 9:45	<i>The Law of Least Effort</i> , lecture and discussion
9:45 – 10:00	Break
10:00 – 12:00	Sutra instruction in (first set)
12:00 – 1:30	Ayurvedic lunch
1:30 – 2:45	General session
2:45 – 3:15	Break
3:15 – 4:45	Sutra instruction (second set) and two meditation rounds
5:00 – 6:00	<i>Seven Spiritual Laws of Yoga</i> class
6:00 – 7:30	Dinner break (ayurvedic meal package available for purchase before start of event)
7:30 – 9:00	Drum circle

**Simultaneous translation in Spanish available*

While the schedule at each event varies, this sample schedule will give you a good sense of the flow of activities, sessions, meals, meditations, and break times at **SEDUCTION OF SPIRIT**.

**This sample schedule is subject to change without notice.*

THE
CHOPRA  CENTER

CALL TO LEARN MORE

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