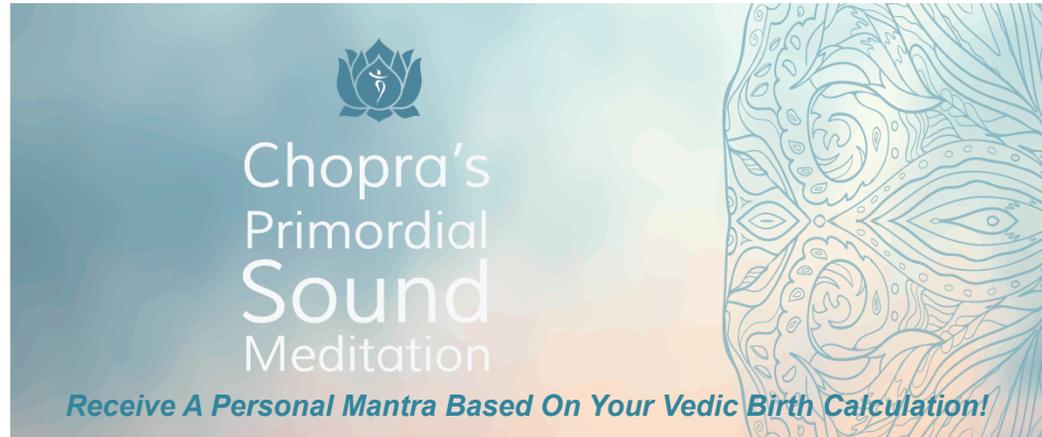


Primordial Sound Meditation Workshop

Presented By Leilani Beaubien
R.N., B.S.N., Certified Chopra Center Instructor



Saturday, June 23 & July 14

10:00AM – 4:30PM

\$299 (includes both June & July sessions and all materials)

In this two-part meditation course you will learn the techniques to begin your own personal meditation practice and receive a PERSONAL mantra that is based upon your BIRTH DATE, TIME & PLACE. The mantra is calculated using extensive Vedic mathematics based upon the LOCATION of the MOON at the moment of your BIRTH. The "Vibration" of this BIRTH Mantra will take you to a place of profound INNER CALM.

The Primordial Sound Meditation Program is the signature course at the CHOPRA Center for Wellbeing owned by Dr. Deepak Chopra. This workshop taught by Leilani Beaubien is appropriate for both beginners and experienced meditators alike.

Meditation will help you to:

- Manage your anxiety and stress levels
- Increase your ability to focus and to be productive
- Deepen and transform your relationships
- Increase your energy and decrease insomnia
- Improve your concentration
- Diminish challenges and obstacles
- Enjoy your life on a daily basis!



Leilani and Dr. Deepak Chopra

Pre-register: <https://www.updogyoga.com/workshops/workshops-rochester>



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