What are the benefits of meditation?

Practicing Primordial Sound Meditation on a daily basis can help you to:

- Manage stress
- Reduce anxiety
- Improve your relationships
- Create inner peace
- Awaken your intuition
- Enhance your sleep patterns
- Lower your blood pressure
- Become less judgmental
- Connect to spirit

Drs. Deepak Chopra and David Simon founded the Chopra Center for Wellbeing in Carlsbad, California, to offer individuals from around the world programs in stress management, mind-body medicine, emotional healing, and life transformation. They have both practiced and taught the fusion of Ayurveda with modern science for over 35 years.

**Deepak Chopra, M.D.**

Acknowledged as one of the world’s greatest leaders in the field of mind-body-spirit medicine, Dr. Chopra continues to transform our understanding of the meaning of health and healing. The author of more than 55 books, Deepak is changing the way the world views physical, mental, emotional, spiritual, and social wellness.

**David Simon, M.D.**

Dr. David Simon, a board-certified neurologist, is a pioneer in mind-body-spirit medicine. Since he co-founded the Chopra Center for Wellbeing with Deepak Chopra, M.D. in the early 1990s, Dr. Simon has become one of the world’s foremost authorities on the effective and appropriate use of holistic healthcare practices. He is also the author of many popular wellness books, and continues to develop programs dedicated to helping people consciously heal and transform their lives.

To enroll in a Primordial Sound Meditation class, contact:

**Dr. Esther Konigsberg**

esther@integrativemedicineinc.com

Dr. Esther Konigsberg is the medical director of Integrative Medicine Consultants Inc. in Burlington and Toronto. As well as practicing Integrative Medicine, Dr. Konigsberg is a mind-body wellness educator, seminar leader, teacher, speaker and writer. She has studied extensively with world leaders in health, healing, spirituality and human potential including Dr. Deepak Chopra, Dr. David Simon, Dr. John Demartini and Dr. Andrew Weil.

**Dr. Konigsberg has been a Chopra Center Instructor since 1995 and is pleased to offer instruction in Primordial Sound Meditation.**

Certified by the Chopra Center for Wellbeing

**LEARN TO MEDITATE**

USING THE TIMELESS PRACTICE OF PRIMORDIAL SOUND MEDITATION

**DEVELOPED BY DEEPAK CHOPRA, M.D. AND DAVID SIMON, M.D.**

CO-FOUNDERS OF THE CHOPRA CENTER FOR WELLBEING