Primordial Sound Meditation Course

Have you been thinking of learning to meditate? As you are probably aware, a regular meditation practice will provide you with many health benefits: peace of mind, focus, lower blood pressure etc. Dr. Esther Konigsberg, a certified Primordial Sound Meditation Instructor through the Chopra Center in California will be giving an in depth meditation course this upcoming fall. Give yourself a gift that will last you a lifetime!

*Meditation* is a journey to the creative source of your mind and body. Because it is not possible to force your mind to be quiet, meditation provides you a means to access the silence that exists beneath the turbulent surface of your mind. By reducing stress and fatigue, meditation enables you to connect with your higher self — where energy, creativity and inner awareness are your natural state of being. The purpose of meditation is to enrich all aspects of your life — body, mind and spirit.

*Primordial Sound Meditation*, as revived by Deepak Chopra M.D., is a mantra-based practice that systematically allows you to experience quieter, more peaceful levels of your being. A mantra is a specific sound, which when used silently, serves as a vehicle to connect you with the deeper aspects of your consciousness. You will be given a personal mantra based on your time, date and place of birth. Primordial Sound Meditation is the perfect antidote to modern stress.

The course will be given over 3 sessions:

**In Burlington:**

1. Wednesday evening, May 20; 7:00-9:30 p.m.  
   **Introduction to Meditation**

2. Thursday evening May 21; 7:00 p.m.-9:30 p.m.  
   **Individual instruction & practice**

   (This will only require approximately 3/4 hour of your time. Personal instruction times will be booked on the first evening)

3. Wednesday evening, May 27; 7:00-10:00 p.m.  
   **Refining the practice**

**In Toronto:**

1. Monday evening, June 8; 7:00-9:30 p.m.  
   **Introduction to Meditation**

2. Wednesday evening June 9; 7:00 p.m.-9:30 p.m.  
   **Individual instruction & practice**

   (This will only require approximately 3/4 hour of your time. Personal instruction times will be booked on the first evening)

3. Monday evening, June 15; 7:00-10:00 p.m.  
   **Refining the practice**

*The Burlington meditation course will be at: 3067 Balmoral Avenue, Burlington. The Toronto course will be at the[clinic] at Suite 1210, 401Bay Street.*

**By the end of the meditation course you will learn:**
A basic understanding of what meditation is, how it works, its benefits, the history of Primordial Sound Meditation and how your mantra will be chosen for you

- Your personal mantra and how to use it
- The practical aspects of meditation, such as how to sit, where and when to meditate and the types of experiences to expect
- The higher states of consciousness accessible through the regular daily practice of meditation.

The course includes:

- Three sessions spread over a week
- Personalized mantra issued by the Chopra Center
- Private session during which you receive your personal mantra
- Instructional text
- Question and answer session

The full cost of The Primordial Sound Meditation Course is $395. If you would like to attend please register and submit a deposit of $100 no later than May 6 for Burlington and May 25 for Toronto. I will also need your time (exact time if possible), date and place of birth to order your mantra from the Chopra Center. Please mail your completed form and your deposit (cheque to Integrative Medicine Consultants Inc.) at 3067 Balmoral Ave, Burlington, L7N 1E5. The balance of the payment $295, is due on the first evening.

Meditation can be a transformative influence for your life. It certainly has been for mine. I look forward to sharing this ancient tradition with you. Please feel free to email me at esther@integrativemedicineinc.com if you have any questions.

Love and Light,

Esther Konigsberg MD