

complete integration of mind, body, & spirit

welcome
to the
chopra
center
for
wellbeing

By Jennifer Chapis

Have you ever planned a much-needed, tranquil retreat only to return home a week later more run-ragged than before you left? If you're like most Americans, the regrettable answer is, *Yes!*

At the Chopra Center for Wellbeing, a San Diego favorite for rejuvenation and awakening, guests experience a true getaway. Want to nourish your mind, body, and spirit this spring season? The Chopra Center is quite simply one of southern California's most desirable destinations. You will enjoy enriching workshops based on the teachings of world-famous spiritual author and speaker Deepak Chopra, MD and prominent health pioneer David Simon, MD, as well as a menu of blissful Ayurvedic spa treatments fit for royalty, but designed for you.

The secret to enlightenment is not a secret. You can find it at a holy ashram in India, or find it 30 miles north of San Diego and 90 minutes south of Los Angeles. Considering all the beautiful places in the world, it's no wonder Drs. Chopra and

Simon chose the La Costa Resort as the primary residence for this world-renown haven. Just three miles from the Pacific, what could be a more idyllic setting to open your awareness to the potential for lasting health and happiness? Enjoy first-class accommodations, outdoor amenities such as golf and tennis, several dining options including a chic affordable bistro serving delicious Ayurvedic-style cuisine (to restore inner and outer vitality), plus services for every member of the family.

Not a typical escape, the Chopra Center prepares guests to walk away with the tools necessary to jumpstart their ideal life. Take for example a signature program designed to help people incorporate meditation into their daily lives. Certified instructors teach a technique adapted from ancient tradition called Primordial Sound Meditation. "PSM takes you beyond mind, intellect, and ego," says Christie Lees, Program Manager. "Transformation happens in the space between thoughts." By cultivating peace and relax-

ation, we are better able to remain centered and less reactive in the face of stress, she explains. We're open (even magnetized) to fulfilling our potential, naturally and without conscious effort. Meditation is simple, not mysterious. Anyone can do it. A cardinal sings without trying. So, too, can you effortlessly surrender to your highest self.

In his celebrated book *Perfect Health*, Deepak Chopra writes, "Meditation is not a way of making your mind quiet. It's a way of entering into the quiet that's already there—buried under the 50,000 thoughts the average person thinks every day." Think it's not possible to spend your life accomplishing your goals *and* feeling rested? Perhaps it's time to stop thinking so much. Ours is a fast-paced world not scheduled to slow down any time soon. It's becoming increasingly necessary to claim our individual calm amidst the chaos. How many times have you eaten a meal without tasting it or found yourself parking at a destination, wondering, *How did I get here?* "The more you meditate," says Michael McShane, Program Consultant, "the more you gain a sense of your true self, as you rest in the comfort of

“know that deep inside you, in the innermost recesses of your heart, are the gods and goddesses of knowledge, love, compassion and abundance. These gods and goddesses have only one desire: to be born.”

~Deepak Chopra

the present moment." Meditation allows us to expand mindfulness, break free of unconscious conditioning, and access the perfection that was inside us all along.

Another great way to stop the stress hormones from surging is to indulge in the Ayurvedic treatments available through the Chopra Spa. For a sampling, try an Odyssey Treatment, which includes three kinds of massage: Abhyanga (friction and exfoliation), Vishesh (deep tension relief and

detoxification), and Marma (energy clearing and stimulation). No shortage of warm oils here.... Feel the tension melt away as a trained therapist (or two!) soothes tight muscles and revitalizes your energy points. Even the locker room is a heavenly experience complete with robe, slippers, and a fireplace lounge. Just don't forget your swimsuit. Use of the pool, hot tub, steam room, and sauna are included.

Can't find the time or money to book an extended stay? The Chopra Center also offers informative spiritual workshops for around \$20, Hatha yoga classes at a package rate, free 30-minute group meditations twice daily on weekdays, and a complimentary intro to meditation class Fridays at 2pm, plus free daytime resort parking. "Practicing meditation is the most important thing we can do," says McShane. "To access what is within. That's all there is."

Call toll-free 888.424.6772. Or visit www.chopra.com for a wellspring of information, including an introduction to Ayurveda. (Hint: Take the Dosha Quiz online to gain insight into your current mind-body state!)

Top Ten SoCal Activities

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20 HP (instead of 6.5 or 9 HP gas karts) makes them much faster with better handling and of course no smog, grease or gas smell. They also have a roll hoop, racing harness, and even reverse gear if you get stuck.




The racetrack is professionally designed and made of asphalt to maintain the same feeling and performance as an outdoor track. An overhead scoreboard monitors and displays your time, speed and positions as you race. Lap times are recorded to the 100th of a second. At the end of each race you will receive an individualized and detailed result card. Safety is top priority and all racers will receive a briefing session on racing safety and regulations before the race begins. Children are allowed, but must meet a height minimum.

Price:

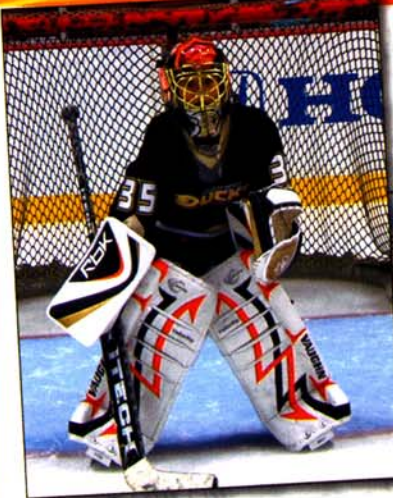
\$20 per person for one race (14 laps)

We hope you've enjoyed our Top Ten SoCal Activities and that you are inspired to choose several to make your family's vacation a memorable one. Remember, visit welcometosocal.com for location and reservation details, costs, purchase, and additional information.




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