

About Deepak Chopra

Much of the knowledge shared on our courses is based on the understanding of health and wellbeing of renowned mind body expert, Dr Deepak Chopra. Our principal trainer, Mary Callaghan has been trained and certified by Dr. Chopra to teach Primordial Sound Meditation, an ancient technique, which promotes deep relaxation.

Acknowledged as one of the world's greatest leaders in the field of mind body medicine, Deepak Chopra, M.D. continues to transform our understanding of the meaning of health. Through his creation of The Chopra Centre For Well Being in California in 1995, Chopra established a formal vehicle for the expansion of his healing approach using the integration of the best of western medicine with natural healing traditions. Chopra's work is changing the way the world views physical, mental, emotional, spiritual and social wellness.

Formerly the Chief of Staff at Boston Regional Medical Centre, Dr. Chopra built a successful endocrinology practice in Boston in the 1980's. Chopra realized in his medical practice that there was potential in western medicine for the establishment of a new life-giving paradigm, one that encompassed the fundamental principle that perfect health is more than just the absence of disease. He began to envision a medical system based upon the premise that health is a lively state of balance and integration of body, mind and spirit.

Chopra is known worldwide for his published works. The author of more than 40 books and more than 100 audio, video and CD-ROM titles, he has been published on every continent, and in dozens of languages. Over ten million copies of Deepak's books have been sold in English alone, and his best-sellers include Grow Younger, Live Longer; How to Know God: The Soul's Journey into the Mystery of Mysteries, Perfect Health; Ageless Body, Timeless Mind; The Seven Spiritual Laws of Success, and The Path to Love.

"The poet-prophet of alternative medicine." Time Magazine

"Deepak Chopra is undoubtedly one of the most lucid and inspired philosophers of our time." Mikhail Gorbachev

"I congratulate Dr. Chopra for the way he approaches spirituality from a scientific viewpoint. And I absolutely agree with his vision: if we want to change the world, we must first of all change ourselves." The Dalai Lama