

# Primordial Sound Meditation

On this two day course you will learn this very profound meditation technique which is known to bring significant benefits in health, wellbeing and clarity. Primordial Sound Meditation is the ideal way to bring greater calmness and confidence to your work and home life. Professionals from all areas of business are now using this powerful technique to reduce stress and increase their energy and vitality.

This technique can be taught privately or in a small group setting and is easily learned in four sessions over two days.

During the course, Mary will guide you through all aspects of Primordial Sound Meditation. She will give you the mantra or sound that has been selected specifically for you by the Chopra Centre, based on your birth details, and will show you how to effortlessly integrate meditation into your daily routine.

You will gain an understanding of the variety of experiences you may have in meditation and the benefits you will notice in your life.

On the course, you will:

- Privately receive individual meditation instruction using a personal mantra calculated specifically for you by the Chopra centre.
- Receive free follow up sessions to ensure you are receiving the benefits of correct meditation.
- Receive literature from Deepak Chopra on Primordial Sound Meditation and how to easily integrate it into your life
- Learn how to transform your life effortlessly and experience the spontaneous fulfilment of your desires.
- Gain a profound experiential understanding of your mind, body, spirit, connection and learn the specific skills to integration them.
- Experience powerful group meditations and ancient natural healing techniques.
- Receive an invitation to attend regular joy filled meditation sessions and learn advanced meditation techniques to heal the heart and experience further joy in your life.
- Experience limitless benefits in everyday life as you learn greater understanding and self-knowledge.

## Course Bookings:

To enquire about availability and for course bookings email [mary@innerbliss.ie](mailto:mary@innerbliss.ie) This email address is being protected from spam bots, you need Javascript enabled to view it

or call Mary on 087 202 1727

