Deepak Chopra and David Simon Are Coming to Colorado Chopra Center, Brings Introductory Weekend Wellness Workshop to Westminster

World-famous physicians, authors and philosophers Deepak Chopra MD and David Simon MD are bringing their signature weekend wellness experience -Renewal Weekend -to Westminster, Colorado July 13-15, 2007. The program includes a Friday evening lecture on mind-body medicine, Saturday sessions on meditation and personal fulfillment and Sunday morning interactive sessions on wellness and health.


Drs Chopra and Simon - Chopra Center co-founders - have designed this Colorado Wellness experience so that novices and experienced attendees alike can explore the practical benefits of yoga, meditation, and Ayurveda - the 5000-year-old healing system originating in ancient India.

Renewal Weekend takes place at the future home of the Rocky Mountain Chopra Center & Spa at the Westin Hotel in Westminster. The program includes a Friday evening lecture on mind-body medicine, Saturday sessions on meditation and personal fulfillment and Sunday morning interactive sessions on wellness and health. All attendees will be taught primordial sound meditation and receive their personal mantra - a meditation tool linked to the time and date of their birth. In addition, Saturday and Sunday sessions will begin with Seven Spiritual Laws of Yoga instruction for all levels.

Deepak Chopra, author of more than 50 books on mind-body-spirit wellness, has recently climbed the charts with his New York Times Bestseller Buddha: A Story of Enlightenment. "This Rocky Mountain Renewal Weekend offers our guests a sampling of the Chopra Center - where they will be introduced to the timeless wisdom of meditation, yoga, and Ayurveda." Sessions will be taught by Drs. Chopra & Simon and other certified Chopra Center Instructors. "I did my neurology residency in Colorado." Said Dr. Simon. "I'm excited to share the fusion of modern western medicine and the healing arts of the East with my fellow Coloradans."

Tuition for the weekend program is $575 with substantial discounts for companions, families, seniors, and students. To reserve your space or find out more call 888.736.6895. For more information on the Chopra Center and other programs, visit chopra.com

Overnight accommodations for Renewal Weekend at The Westin Westminster begin at $149 per night. The Westin Westminster is located at 10600 Westminster Boulevard, Westminster, CO, 80020.

Deepak Chopra. M.D. is Chairman and co-founder of the Chopra Center for Wellbeing and a best-selling author with over 50 books. He is acknowledged as one of the world's greatest leaders in the field of mind body medicine. Through The Chopra Center, Dr. Chopra is revolutionizing common wisdom about the crucial connection between body, mind, spirit, and healing.

David Simon, M.D., CEO, Medical Director, and co-founder of the Chopra Center for Wellbeing is an acclaimed author, a board certified neurologist, and a pioneer in the fusion of Western medicine and the healing

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Dr. Simon is the recipient of a National Institute of Health's grant to study mind body medical approaches on health quality, and has created initiatives to bring integrated mind body medical programs to medical institutions, community health centers, and health resorts.

The Chopra Center for Wellbeing was opened by Deepak Chopra, M.D. and David Simon M.D. in 1996. The philosophy of the Center is based upon the principles and practices of holistic and alternative medicine from around the world. The Center's goal is to provide guests with tools, techniques, and routines to promote their own longevity and health, human potential and success, while increasing personal balance, happiness, and fulfillment.

For more information please call 888.736.6895 or visit the Chopra Center for Wellbeing at chopra.com

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