

Learn Meditation with



Chopra Method



Learn Primordial Sound Meditation

in Istanbul, 3rd & 4th of Dec. 2011



Meditation, deep relaxation techniques and higher levels of consciousness training seminars in Istanbul

It is a scientifically proven fact that our brain is actually almost never resting during a night's sleep. If our brain is not fully resting during sleep, how are we to make it rest, then?

More and more scientific studies are proving everyday that MEDITATION is the best tool to have a truly genuine deep brain rest.

Of course a deep, quality relaxation is not the only goal of meditation. Meditation has so many benefits to human well-being at multiple layers of its being that it is difficult to list all of them within the limits of this small newsletter.

The aim of our training seminars is to teach you this 5,000 years old ancient meditation technique. This technique has been modernized according to the needs of modern society without disturbed its authenticity.

This huge modernization work has been done by the world renown medical doctors, **Dr. Deepak Chopra** and **Dr. David Simon**, who are the co-founders of the CHOPRA UNIVERSITY.

With this truly life-changing meditation course, you will not only acquire a life-time valid anti-stress tool but also a wonderful anti-aging and "wisdom development" instrument. Some other benefits of practicing meditation can be enumerated as follows:

- You will discover the infinite dimensions of your being (*may be you were thinking that you were made of only your physical body, right?*)
- You will get a wonderful mind clarity about what your real purpose and what your life mission is
- You will gain an enormous will power to change the things that you wanted but couldn't change in your life before
- You will experience a huge increase in the quality of your sleep

- You will learn how to change your decision base from fear or desire based decision making to purely heart based evolutionary decision making

- Your concentration will increase to unprecedented levels with much less effort (*we will also teach you how to apply "the law of least effort"*)

- You will learn how meditation will help you to get rid of your dependencies (*substance, person, event, non-nourishing habits...etc.*)

- Your internal bioenergy will increase and you will learn to heal many of your existing diseases, such as menopause hot-flashes...etc.

- Your ESP (*extra sensory perception*) and intuition will increase and you will learn how to harness the power of coincidences

- Your creativity will increase tremendously and you will feel it much more deeply especially if you are working in a creative profession such as architecture, arts, music, design, creative writing...etc.

- You will understand the difference between the concepts such as NLP, affirmation, visualization, hypnosis, transformational breathing techniques and why these practices cannot be considered as meditation and why they can't replace meditation, although these may be very beneficial practices under certain circumstances

- You will learn many other benefits of meditation and how to apply them into your life for a more fear-free, intuitive life

If you are feeling down-deep inside of you that life is much more than meeting our physical and emotional needs and we are much more than a simple flesh and bone structure, this course may be really life-altering for you.

Who is Dr. Deepak Chopra?



Dr. Deepak Chopra is an Indian born (1946) medical doctor and he is probably one of the most famous neuro-endocrinologists in the world, but his fame spreaded the world even more especially after his infamous book "The Seven Spiritual Laws of Success" has been on the top of the NY TIMES best seller lists for several weeks. TIME Magazine heralded him as "the poet-prophet of alternative medicine", while Albert

Einstein College of Medicine gave him a special award for his contributions to the medical science.

In 1996 he has established CHOPRA CENTER together with his neurologist friend Dr. David Simon to offer alternative therapies to patients. Later on this institution has been converted into

CHOPRA UNIVERSITY and currently the teachings and application of alternative medicine practices in this institute has been accepted by the University of California credit system.

Dr. Chopra is also teaching some courses in Harvard Medical School, Boston University and Tufts Universities; he is also an adjunct professor at the Kellogg's School of Management. Dr. Chopra has been assigned by GALLUP RESEARCH organization as the "Chief Scientist" since 2005 and he is the leading designer of all Gallup supported global well-being research activities.

He is the author of more than 50 books translated into more than 60 languages around the world and currently he is involved a lot of innovative philanthropic activities with the CHOPRA FOUNDATION in order to promote the creation of environmentally friendly new technologies and to help eradicate poverty in the less developed countries.

Enrollment Info

Trainer : Utku Oguz,
Chopra University Certified International Meditation Teacher

Place : Grand Hyatt Istanbul, Elmadağ - Taksim

Fee : 350 \$

E-Mail : utku67@gmail.com

Instruction Language: English

Notes:

1 - In each class max. 12 students are accepted

2 - Payment Instructions will be e-mailed later directly to the participants who confirms their willingness of attendance.

About the instructor Utku Oguz:



Born in Konya, Turkey on the 23rd of Feb 1967. After having graduated from the Istanbul University's School of Business Administration and Economics, he went to the USA to complete his masters degree in the International Business Management. Between 1990 and 1992 he worked in Italy in various pharmaceutical companies. After his return to Turkey in 1992, he worked again in the pharmaceutical industry.

Currently he is the vice chairman of the board of directors of the largest pharmaceutical distribution company in Turkey. In 2006 he witnessed the sight correction of his closest family members with the Norbekov system through meditation and the power of mind. Afterwards he decided to research more deeply about the benefits of meditation on

human health and he started meditation regularly four years ago.

After having discovered the very strong transformational effects on himself and having read the scientific proofs about the meditation's positive effects on community peace and lowering the criminality rates, he decided to teach this very powerful life-technology to as much as people as possible.

After the age of 40 he graduated from the Chopra University as one of the top three students of his class which was including some medical doctors as well.

Currently he is one of the three meditation teachers of the Chopra University's 600 teachers who is actively teaching in three languages (*Turkish, English and Italian*).