

Title: Perfect Health Promo Video
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VO: Do you feel like you've lost the ability to balance life, work, and family in a way that doesn't leave you feeling completely drained by the end of the day?

Are you in recovery from an illness such as cancer or living with an autoimmune disease?

Do you feel stressed out, overwhelmed, or otherwise in need of a total wellness re-boot?

If you answered yes to any of these questions, than The Chopra Center's signature mind-body healing immersion, *Perfect Health*, is for you.

Combining the wisdom of the Eastern healing arts with the best in modern Western medicine, *Perfect Health* is an integrative healing experience unlike any other.

Located on the grounds of the breath-taking Omni Resort & Spa in Carlsbad, CA, this totally unique wellness program features:

- Daily Ayurvedic massage treatments, personalized just for you by our specially trained therapists
- Twice-daily yoga and meditation practices with our nurturing, certified instructors
- Your personal Primordial Sound Mantra, so you can easily integrate your meditation practice into your everyday
- A diet of vegetarian, Ayurvedically-prepared food
- Our gentle signature herbal cleanse, designed to detoxify and make you feel lighter and more energetic
- And best of all, you'll meet one-on-one with one of our board-certified physicians, who use the ancient wisdom of Ayurveda to address underlying imbalances and other root causes of your physical symptoms.

Our physicians will make sure your overall experience is precisely customized, so you get the absolute most out of your *Perfect Health* program.

Join us at The Chopra Center for our six or ten-day *Perfect Health* program, and get back to the you that you were always meant to be.

Visit chopra.com/perfecthealth or call 1-888-736-6895 to learn more.