



THE
CHOPRA
CENTER™

the path to wellness begins here™



PRODUCT CATALOG
& DAILY PRACTICES GUIDE



The Path to Wellness Begins Here™

Welcome to the Chopra Center, where our unique approach to wellness invites guests to meditate, practice yoga and balance their lives in a nurturing and loving environment. We are pleased and honored you have chosen to take this journey with us to greater awareness and health. Drawing from modern and timeless healing traditions, our mission is to bring you the best principles and practices of mind-body medicine from around the world in hopes of creating Perfect Health.

We dedicate these beautiful Ayurvedic products to you and hope you will be inspired and transformed by their authenticity and efficacy.

With love,

David Simon, M.D.
Co-founder & Medical Director
The Chopra Center for Wellbeing

to place an order please visit our online store at chopra.com
or call 800.858.1808

Please feel free to call us or stop by if you need any other information.

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SHOP BY DOSHA

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the wisdom of
AYURVEDA



From the five elements, the three doshas are derived—Vata, Pitta and Kapha. Known as mind-body types, the doshas express particular patterns of energy—unique blends of physical, emotional and mental characteristics.

In Ayurveda, health is defined as the dynamic state of balance between mind, body and environment. It is possible for each of us to achieve and maintain a vibrant and joyful state of health by identifying our mind-body type and then creating a lifestyle that sustains and nurtures our unique nature.

UNDERSTANDING YOUR UNIQUE MIND-BODY TYPE

This quiz is designed to give you an indication of your mind-body type. Your highest score is your predominate dosha. If your two top scores are similar, you might be bi-doshic; meaning that more than one dosha predominates in your physiology. For a complete evaluation, we invite you to participate in an integrated mind-body consultation at one of our Chopra Centers for Wellbeing.



**PLEASE TAKE OUR QUIZ ON THE NEXT PAGE
TO DETERMINE:**

WHAT'S YOUR DOSHA?



dosha quiz PART ONE

This part of the questionnaire gathers information about your basic nature – the way you were as a child or the basic patterns that have been true most of your life. If you developed an illness in childhood or as an adult, think of how things were for you before that illness.

	VATA	PITTA	KAPHA
Frame	<input type="checkbox"/> I am thin, lanky and slender with prominent joints and thin muscles.	<input type="checkbox"/> I have a medium, symmetrical build with good muscle development.	<input type="checkbox"/> I have a large, round or stocky build. My frame is broad, stout or thick.
Weight	<input type="checkbox"/> Low; I may forget to eat or have a tendency to lose weight.	<input type="checkbox"/> Moderate; it is easy for me to gain or lose weight if I put my mind to it.	<input type="checkbox"/> Heavy; I gain weight easily and have difficulty losing it.
Eyes	<input type="checkbox"/> My eyes are small & active.	<input type="checkbox"/> I have a penetrating gaze.	<input type="checkbox"/> I have large pleasant eyes.
Complexion	<input type="checkbox"/> My skin is dry, rough or thin.	<input type="checkbox"/> My skin is warm, reddish in color and prone to irritation.	<input type="checkbox"/> My skin is thick, moist and smooth.
Hair	<input type="checkbox"/> My hair is dry, brittle or frizzy.	<input type="checkbox"/> My hair is fine with a tendency towards early thinning or graying.	<input type="checkbox"/> My hair is abundant, thick and oily.
Joints	<input type="checkbox"/> My joints are thin and prominent and have a tendency to crack.	<input type="checkbox"/> My joints are loose and flexible.	<input type="checkbox"/> My joints are large, well knit and padded.
Sleep Pattern	<input type="checkbox"/> I am a light sleeper with a tendency to awaken easily.	<input type="checkbox"/> I am a moderately sound sleeper, usually needing less than eight hours to feel rested.	<input type="checkbox"/> My sleep is deep and long. I tend to awaken slowly in the morning.
Body Temperature	<input type="checkbox"/> My hands & feet are usually cold. I prefer warmer environments.	<input type="checkbox"/> I am usually warm, regardless of the season. I prefer cooler environments.	<input type="checkbox"/> I am adaptable to most temperatures; but I do not like cold, wet days.
Temperament	<input type="checkbox"/> I am lively and enthusiastic by nature. I like to change.	<input type="checkbox"/> I am purposeful and intense. I like to convince.	<input type="checkbox"/> I am easy going and accepting. I like to support.
Under stress...	<input type="checkbox"/> I become anxious and/or worried.	<input type="checkbox"/> I become irritable and aggressive.	<input type="checkbox"/> I become withdrawn and/or reclusive.
TOTALS	___ VATA TOTAL	___ PITTA TOTAL	___ KAPHA TOTAL

dosha quiz PART TWO

These questions are intended to assess your current life situation, including any stresses, illnesses or life changes. It is most helpful if you answer these questions according to what is most true for you now or since this new stress or pattern has emerged.

	NOT AT ALL	SLIGHTLY	SOMEWHAT	MODERATELY	VERY
1. I've been feeling worried or anxious.	1	2	3	4	5
2. I've been having difficulty falling asleep or have been awakening easily.	1	2	3	4	5
3. I've been feeling restless if I'm not constantly on the move.	1	2	3	4	5
4. I've been acting impulsively or inconsistently.	1	2	3	4	5
5. I been more forgetful than usual.	1	2	3	4	5
VATA MIND SCORE _____					
6. My daily schedule of eating meals, going to sleep or awakening has been inconsistent from day to day.	1	2	3	4	5
7. My digestion is irregular with gas or bloating.	1	2	3	4	5
8. My bowel movements have been hard, dry or occurring less than once per day.	1	2	3	4	5
9. My skin has been dry or flaky.	1	2	3	4	5
10. I've been having a number of physical concerns.	1	2	3	4	5
VATA BODY SCORE _____					
1. I've been feeling irritable or impatient.	1	2	3	4	5
2. I've been feeling critical and intolerant.	1	2	3	4	5
3. I've been feeling compulsive, with difficulty stopping once I've started a project.	1	2	3	4	5
4. I've been strongly opinionated freely sharing my point of view without being asked.	1	2	3	4	5
5. I've been easily frustrated by other people's incompetence.	1	2	3	4	5
PITTA MIND SCORE _____					
6. My skin has felt hot and irritable, or has been breaking out easily.	1	2	3	4	5
7. Spicy foods, while I might enjoy them, has not been agreeing with me.	1	2	3	4	5
8. I've been having acid indigestion or heartburn.	1	2	3	4	5
9. I've been feeling overheated, have had a low grade fever, or have been having hot flashes.	1	2	3	4	5
10. My bowels have been loose or moving more than twice per day.	1	2	3	4	5
PITTA BODY SCORE _____					
1. I've been dealing with conflict by withdrawing.	1	2	3	4	5
2. I've been accumulating clutter in my life.	1	2	3	4	5
3. I've been maintaining my routine and feeling resistant to changing my pace.	1	2	3	4	5
4. I've been having difficulty leaving a relationship, job, or situation even though it is no longer nourishing me.	1	2	3	4	5
5. I've been spending more time watching than participating in athletic activity.	1	2	3	4	5
KAPHA MIND SCORE _____					
6. I've been holding on to extra pounds.	1	2	3	4	5
7. I've been having difficulty getting going in the morning.	1	2	3	4	5
8. My digestion has been slow or I've been feeling heavy after meals.	1	2	3	4	5
9. I've had sinus congestion or excessive phlegm in my respiratory tract.	1	2	3	4	5
10. I've been feeling drowsy or sluggish after meals.	1	2	3	4	5
KAPHA BODY SCORE _____					

the three doshas

VATA

Vata is the principle of movement and change. It can be identified as the Wind element. People with a predominance of Vata in their nature tend to be thin, light and quick in our thought and action. Change is a constant part of their life. When Vata is balanced, it generates creativity, enthusiasm and liveliness. If Vata becomes excessive, it creates anxiety, insomnia, dry skin or irregular digestion.

PITTA

Pitta is the principle of transformation represented in digestion of ideas, sensory experiences, emotions and food. It is associated with the Fire element. People with a predominance of Pitta in their nature tend to be muscular, smart and determined. If balanced, a Pitta supports warmth, intelligence and good leadership. If out of balance, Pitta can make us critical, irritable and aggressive.

KAPHA

Kapha is the principle of protection, nourishment and stability. It is associated with the Earth element. People with a predominance of Kapha in their nature tend to have a heavier frame, think and move more leisurely and are stable. When balanced, it creates calmness, sweetness and loyalty. When excessive, Kapha can cause weight gain, congestion and resistance to healthy change.

Now that you have a basic understanding about your unique mind-body type, the next step towards Perfect Health is creating a harmonized daily routine. This is done by recognizing that the human body has an inner pharmacy, capable of naturally generating the chemistry of happiness and health. Integrating dosha-balancing sounds, sensations, sights, tastes and smells, into your inner and outer daily routine is the first step on your path to timeless health.



Learn more about Doshas at Perfect Health – The Chopra Center’s signature weekly wellness program.
To learn more about our programs call 1.888.736.6895 or visit chopra.com.



DOSHA BALANCING TIPS

As we become familiar with the characteristics of the three doshas and how they interact within our mind-body constitution, we can recognize and correct existing imbalances in our physiology. Understanding our own unique nature provides the information we need to make conscious choices to create optimal health and wellbeing. We are pleased to offer you these dosha balancing tips that can be easily integrated into your daily routine.



Immerse yourself in our Perfect Health Program and learn to balance your doshas to maintain a healthy lifestyle. To learn more about our programs call 1.888.736.6895 or visit chopra.com.



VATA

When Vata is out of balance, too much air has accumulated in mind, body and environment. The result is a sense of un-groundedness. The best way to balance excess Vata is to bring more Earth and stability into the physiology. Think relaxing.

Go to bed and awaken at the same time every day

•

Meditate twice a day to quiet the mind

•

Practice yoga to connect with your body

•

Wear relaxing fragrances

•

Eat three meals per day and favor sweet, sour, and salty tastes

•

Perform a slow daily self massage with warm Relaxing herbalized oil

•

Drink Relaxing Herbal Tea

•

Look for opportunities to create rhythm and routine in your life

•

Diffuse relaxing fragrances into your environment

•

Finish things once you start them





PITTA

When Pitta is out of balance, too much fire has accumulated in mind, body and environment. The result is a sense of internal and external combustion. The best way to balance excess Pitta is to bring more space and coolness into the physiology. Think soothing.

Spend time outside and in nature

•

Favor cooling tastes – sweet, bitter and astringent – and eat with full awareness

•

Meditate twice a day to soothe the mind and relax the body

•

Schedule some space in your day

•

Perform a slow self-massage with Soothing herbalized oil

•

Wear soothing fragrances

•

Favor cool, soft colors – blue, green and white

•

Drink Soothing Herbal Tea

•

Diffuse soothing fragrances into your environment

•

Try to be more playful

•

Engage in non-competitive physical activities

•

Stay cool

•

Be more playful



KAPHA

When Kapha is out of balance, too much Earth has accumulated in mind, body and environment. The result is a sense of sluggishness, congestion and dullness. The best way to balance excess Kapha is to bring more movement and circulation into the physiology. Think invigorating.

Awaken at sunrise

•

Look for opportunities to create healthy change

•

Favor pungent, bitter, and astringent tastes

•

Avoid eating when you're not hungry

•

Be spontaneous and try new things

•

Wear invigorating fragrances

•

Clean out your space

•

Drink Invigorating Herbal Tea

•

Diffuse invigorating fragrances into your environment

•

Favor bright strong colors – reds, oranges, yellows

•

Meditate twice a day to get clear on your intentions and desires

•

Perform a vigorous self-massage with warm Invigorating herbalized oil

•

Exercise daily



the perfect health program FEATURING DAVID SIMON, M.D.



AYURVEDA • DAILY MASSAGE • YOGA • MEDITATION • MEDICAL CONSULTATION

If you are coping with physical illness, emotional upset, chronic pain, or you are suffering from the side effects of burnout and stress, the PERFECT HEALTH program provides emotional and physical relief to help you heal. For 15 years, thousands of guests have experienced profound healing and transformation at our six-day PERFECT HEALTH Program.

Developed by the Chopra Center's co-founders, Deepak Chopra, M.D., and David Simon, M.D., PERFECT HEALTH is the only holistic healing program in the world that combines a renowned medical staff, a time-tested detoxification and cleansing process known as panchakarma, and instruction in meditation, yoga, and ayurveda.

In addition to intimate daily classes in ancient and modern healing techniques, The PERFECT HEALTH Program includes:

- Daily healing massage treatments
- Panchakarma cleansing therapies once reserved for ancient Indian royalty
- A mind-body medical consultation with a Chopra Center physician

To learn more, please contact the Chopra Center and speak with a program consultant: **888.736.6895** or visit **chopra.com/perfecthealth**



meditation and yoga



Meditation is a practice that benefits mind, body and spirit. Through inner exploration, meditation awakens creativity, healing and transformation. We spend most of our lives looking outward to the world of form and phenomena, believing that the source of happiness, peace and fulfillment lies external to ourselves. Meditation allows us to explore our essential inner-nature, restoring the memory of wholeness in our lives.

Primordial Sound Meditation, as introduced by Deepak and David is a mantra-based practice that systematically allows you to experience a quieter, more peaceful level of the mind. A mantra is a specific sound, which when used silently, serves as a vehicle to connect with deeper aspects of consciousness. With its origins in the ancient Vedic tradition of India, Primordial Sound Meditation is the perfect antidote to modern stress.



The Sanskrit word *Yoga* means union – union of environment, the senses, body, mind and soul. Through the practice of *Asana* (postures), you can experience a progressive settling of the mind to a state of pure silence which is usually overshadowed by the activity of the mind.

The Chopra Center's Seven Spiritual Laws of Yoga integrates 5,000 year-old Vedic wisdom and the yogic interpretations of Deepak and David. The Seven Spiritual Laws of Yoga is a consciousness-based Hatha Yoga program infused with teachings from Dr Chopra's book, *The Seven Spiritual Laws of Success*. Our program offers a balanced approach that can be taken more deeply or gently, depending on the needs of the individual.

LEARN

The Chopra Center has over 1000 certified Chopra Center Instructors in Meditation, Yoga and Ayurveda. Go to www.chopra.com/instructors to find one in your area.



HEALTH-PROMOTING
nutrients

According to Ayurveda, our bodies are woven from food. Every day, we require essential nutrients to maintain the delicate and vital balance in our bodies. Nature intended for us to receive this nutritional support from the food we eat, but even with the best intentions our diets are often less than ideal.

The nutrients we ingest are metabolized into the energy and information of our tissues and organs. In addition to a balanced and wholesome diet, Ayurveda recommends an elite group of rejuvenating herbs, known as Rasayanas. These powerful herbs have potent antioxidant, anti-aging and immune supporting properties. Each Chopra Center herbal supplement contains a blend of these powerful natural rejuvenatives blending the best of eastern tradition and modern western science.



OUR COMMITMENT
to quality

We at The Chopra Center aspire to the highest standard of quality in all of our products. We independently test each of our herbs and supplements for metals and microbes to ensure safety and quality. If we identify an herb or product that does not meet our level of quality we reformulate until it does. The Chopra Center views our community as our extended family and we only offer products to put into or on your body that we would put into or on our own.



WOMEN'S DAILY VITALITY

FEEL STRONGER, RADIANT
AND MORE ALIVE

- Provides key vitamins and minerals for optimal daily health
- Supports female reproductive health
- Helps alleviate the symptoms of PMS
- Builds Ojas (vital energy) and helps slow the aging process

Women's Daily Vitality provides important nutrients and herbs to boost vitality, while providing the essential daily vitamins and minerals necessary for a healthy mind and body.

This powerful blend provides antioxidant support with a number of proven ingredients including vitamins C and E, beta-carotene, zinc, selenium, lycopene and lutein. In addition to these essential nutrients and minerals, Women's Daily Vitality contains a suite of Ayurvedic rejuvenating herbs called Rasayanas—Shatavari, Amalaki and Ashwagandha — traditionally used to support female reproductive health, alleviate symptoms of PMS and increase energy and vitality.

\$27



MEN'S DAILY VITALITY

INCREASE ENERGY, STIMULATE SEXUAL DESIRE AND BE VITAL AT ANY AGE

- Provides key vitamins and minerals for optimal daily health
- Promotes strong mental and physical performance
- Nourishes male reproductive tissues and helps improve sexual stamina
- Builds Ojas (vital energy) to boost male vitality

Men's Daily Vitality provides important nutrients and herbs to boost vitality, while providing the essential daily vitamins and minerals necessary for a healthy mind and body.

This powerful blend provides antioxidant support with a number of proven ingredients including vitamins C and E, beta-carotene, zinc, selenium, lycopene and lutein. In addition to these essential nutrients and minerals, Men's Daily Vitality contains a suite of Ayurvedic rejuvenating herbs called Rasayana's—Ashwagandha, Amalaki and Shatavari—traditionally used to increase vitality, nourish male reproductive tissue and improve mental and physical performance.

\$27

PERFECT WEIGHT SUPPORT

YOU CAN ATTAIN YOUR PERFECT WEIGHT

- Addresses key factors in weight control such as metabolism, appetite, satiety and nutrition
- Contains Ayurvedic herbs traditionally used to improve digestion and metabolism
- Influences fat metabolism
- Provides high-potency antioxidant nutrients

Perfect Weight Support is formulated to address key factors involved in effective weight control including metabolism, appetite, satiety and nutrition. Traditional metabolism-enhancing Ayurvedic herbs encourage the burning of stored fat, support liver health and help with appetite control. Green Tea extracts provide high-potency antioxidant nutrients and fat-burning phytochemicals to aid you in finding your perfect weight.

\$19

VEDAMUNE™

ENLIVEN YOUR IMMUNE SYSTEM AND STAY HEALTHY

- Supports immune function
- Contains Ayurvedic rasayana herbs to detoxify and purify the body
- Protects the physiology from stress and cellular damage
- Provides key vitamins and minerals that may be lacking in our daily diet

Vedamune contains a proprietary blend of Ayurvedic herbs, essential minerals, and other potent ingredients to support your immune system and revitalize your body. The powerful herbs Ashwagandha, Guduchi, and Amalaki offer a unique balance of purifying and rejuvenating properties. Vedamune provides nourishing antioxidant support with a number of proven ingredients, including lycopene, coenzyme Q-10, green tea extract, and selenium. Vedamune also provides a complete vitamin B-complex, folic acid, and vitamin C and E to maintain your energy and promote a sense of wellbeing.

\$19



SOOTHING JOINT SUPPORT

OVERCOME YOUR SORENESS
THE NATURAL WAY

- Reduce pain from swelling and inflammation
- Inhibits the COX-2 enzyme system
- Provides tonic and rejuvenative aid for musculoskeletal conditions

Finally, a natural approach to relief from soreness, whether it stems from an aching back, stiff joints or muscle strain that can accompany exercise. Soothing Joint Support contains key western and eastern herbs scientifically shown to reduce inflammation, a frequent cause of pain. Extracts from herbs like boswellia, holy basil and cinnamon inhibit the COX-2 enzyme, a chemical in the body that encourages the production of inflammatory compounds. The Ayurvedic herbs Ashwagandha and Guggulu have been scientifically proven to have anti-inflammatory properties.

\$28



MENOPAUSE WELL BEING

MAKE MENOPAUSE A MORE
NATURAL TRANSITION

- Provides relief from night sweats, hot flashes, irritability, insomnia, forgetfulness and lack of concentration
- Helps maintain balance through a healthy transition
- Supports overall health in post-menopausal years
- Provides cardio protective and bone-strengthening benefits

Rich in Ayurvedic herbs, trace minerals and phytosterols, Menopause Well Being has been formulated to relieve symptoms, address the causes of menopausal discomfort and support your overall health during your time of transition. One ingredient, Black Cohosh, has long been used for women's reproductive health, and clinical trials have shown it to be safe and effective for helping relieve menopausal symptoms, especially hot flashes.

\$26

single herbs

For thousands of years, Ayurveda has used herbs to help people tap into the healing power of nature. At the Chopra Center, we use the following botanical friends to help us regain and maintain our delicate and vital balance.



SHATAVARI

500 MG PER CAPSULE

Shatavari is one of the prime rejuvenating herbal medicines in Ayurveda. It is considered particularly helpful in conditions affecting the female reproductive system. One of its names means “having one hundred husbands” which highlights its reputation as a fertility enhancing plant.

\$19



ASHWAGANDHA

500 MG PER CAPSULE

In Sanskrit, the name Ashwagandha means “the smell of a horse” implying that this aromatic herb provides the strength of a stallion. It has a traditional use in supporting rejuvenation after illness and as a sexual enhancer for both men and women. Ashwagandha is the primary Rasayana or rejuvenative for masculine energy. We use Ashwagandha at the Chopra Center for its tonic and rejuvenative effects.

\$17



TRIPHALA

500 MG PER CAPSULE

Triphala, formulated by Ayurvedic physicians thousands of years ago and used by literally billions of people since, is considered the most effective colon tonic by most healthcare practitioners. Where other colon formulas are depleting, Triphala is mild, non-habit forming and rejuvenating.

\$17



GUGGULU

400 MG PER CAPSULE

Guggulu is one of Ayurveda’s most important purifying herbs. It cleanses unhealthy tissues, increases the white blood cell count and rejuvenates the skin. It has traditionally been considered the consummate blood detoxifier useful in any condition characterized by congestion or stagnation.

\$19



THE ORIGINAL AMALAKI

In Ayurveda, the Amalaki fruit is widely considered to be the most rejuvenating super-fruit. For over 5,000 years, Ayurveda has valued Amalaki for its rejuvenating, vitality-enhancing, and anti-aging properties.

Scientifically formulated with a blend of Amalaki and synergistic herbs, Zrii is an effective new liquid nutritional drink that is rooted in the ancient wisdom of Ayurveda. Created with pomegranate, pear, and grape juice, Zrii is rich in antioxidants, free-radical scavenging polyphenols, and bio-stable Vitamin C.

Zrii's proprietary amalaki formulation also contains the following rejuvenating and detoxifying herbs:

- Turmeric - Improves circulation, digestion, and reduces inflammation
- Tulsi - Improves digestion and intestinal health
- Ginger- Improves digestion, absorption, and assimilation
- Haritaki- Serves as a mild-detoxifier
- Schizandra- Has antioxidant and detoxifying effects
- Jujube- Protects the digestive system and has mild rejuvenating effects



Suggested use: enjoy 1 - 3 ounces per day for optimal health and wellbeing (25 oz per bottle). \$35



TOUCH IS FUNDAMENTAL to health and wellbeing. When stimulated through therapeutic touch or massage, the skin releases a pharmacy of healing chemicals that have health-promoting effects on the physiology. In addition to feeling good, regular massage and loving touch detoxify the body's tissues, increase circulation, calm the mind and enhance immune function.

A daily self-massage (self-Abhy) with aromatherapy massage oils, known in Ayurveda as an Abhyanga, is one of the most important tools in Ayurveda to activate your inner pharmacy and slow the aging process. Depending upon your unique mind-body type (*dosha*), your massage technique should be gentle or more vigorous.



abhy oil

AYURVEDIC MASSAGE OIL with organic ingredients

RELAXING to balance Vata

Traditional Ayurvedic oils of Sunflower, Almond, Jojoba and Safflower infused with the relaxing herbal blend, Dashmula and Vata balancing essential oils of Patchouli, Vetiver, Basil and other organic botanicals.

SOOTHING to balance Pitta

Traditional Ayurvedic oils of Sunflower, Almond, Jojoba and Safflower infused with the cooling herb, Brahmi and Pitta balancing essential oils of Ylang-Ylang, Lavender, Lemon and other organic botanicals.

INVIGORATING to balance Kapha

Traditional Ayurvedic oils of Sunflower, Almond, Jojoba and Safflower infused with the Invigorating herb, Neem and Kapha balancing essential oils of Rosemary, Frankincense, Peppermint and other organic botanicals.

\$25 EACH



how to perform a self-abhy

1. Begin by running some hot water over the bottle to gently warm the oil.
2. Pour a tablespoon of warm oil onto your scalp and vigorously work in the oil.
3. Using your fingertips, vigorously massage your head and scalp with small circular strokes, as if you are shampooing.
4. Move to your face and ears, massaging more gently.
5. Using an open hand to create friction, massage both the front and back of the neck.
6. Vigorously massage your arms, using a circular motion at the shoulders and elbows, and back-and-forth motions on the upper arms and forearms.
7. When massaging your chest and stomach, use a gentle clockwise circular motion and a straight up-and-down motion over the breastbone.
8. After applying a bit of oil to both hands, gently reach around to the back and spine and massage them as well as you can without straining.
9. Vigorously massage your legs as you did your arms, using circular motions at the ankles and knees, back-and-forth motions on the long parts.
10. After massaging your legs, spend extra time on your feet. Using the open part of your hand, massage vigorously back and forth over the soles of the feet.
11. Wash with warm, not hot water using Adara Body Wash.
12. Keeping a thin, almost imperceptible film of oil on the body is considered very beneficial for toning the skin and warming the muscles throughout the day.

adara

AROMATHERAPY BATH & BODY PRODUCTS

with organic ingredients

After performing a self-Abhy, continue to indulge your senses with the Adara line of Ayurvedic bath and body products. Using the primary essential oils from each dosha blend, The Adara line contains a balanced fragrance to serve all mind-body types.



TOUCH

SHAMPOO

*daily balancing shampoo
for all hair types*

Use this rich hydrating herbal shampoo infused with balancing aromas and traditional Ayurvedic herbs of Brahmi and Neem to promote strong, healthy and lustrous hair. Luxurious creamy lather created by molecular encapsulation thoroughly cleanses and rinses out smooth. Pure essential oils of Ylang-Ylang, Patchouli, Vetiver, Rosemary and other organic botanicals balance and inspire all mind-body types.

\$17

CONDITIONER

*hydrating daily conditioner
for all hair types*

Adara Conditioner leaves your hair feeling soft, protected and strong. Traditional Ayurvedic herbs of Bhringraj and Dashmula add shine and luster while pure essential oils of Ylang-Ylang, Patchouli, Vetiver, Rosemary and other organic botanicals inspire the senses and balance all mind-body types.

\$17

BODY LOTION

*nourishing hand and body lotion
for all mind-body types*

Enhance the natural radiance of your skin with this nourishing hand and body lotion for all mind-body types. Infused with a balancing aroma blend of Ylang-Ylang, Patchouli, Vetiver, Rosemary and other organic botanicals, this delicate lotion leaves your skin feeling supple and smooth. Extracts of Aloe Vera, Chamomile and Geranium condition the skin, add hydration and promote natural balance.

\$19

BODY WASH

*luxurious body cleanser
for all mind-body types*

Indulge your body with this luxurious natural cleanser for all mind-body types. Infused with a balanced aroma blend of Ylang-Ylang, Patchouli, Vetiver, Rosemary and other organic botanicals, this rich, creamy wash gently cleans and protects without depleting skin of its natural moisture and emollients. The ideal post-abhy cleanser.

\$19



Learn how to create a more harmonized daily routine at our signature Chopra Center wellness program – Perfect Health. To learn more about our programs call 1.888.736.6895 or visit chopra.com

AROMAS CAN TRIGGER THE HEALING POWER WITHIN

Our sense of smell connects us directly with our emotions, memories and instincts. Through a process known as neuro-associative conditioning, we can link a healing response to the experience of a particular smell. For example, if each time we sit to meditate we use a relaxing fragrance, we will soon learn to associate the feeling of relaxation with the aroma. At other times, simply smelling the fragrance will trigger a sense of quiet relaxation.

- Identify an aroma you are especially fond of and deeply inhale its essence whenever you are feeling relaxed, at peace or are having a particularly good day.
- Gradually your body will associate these pleasurable feelings with the use of the aroma.
- Before long, just the smell of the essence will evoke a heightened state of wellbeing.

rupa AROMA BLENDS



Each morning and throughout your day, allow your sense of smell to guide you to the appropriate aroma blend so that you stay balanced in the present moment. Custom created for each dosha, these natural aroma blends of pure essential oils can be applied directly to the skin.



RELAXING TO BALANCE VATA

A fragrant blend of grounding essential oils to help quiet a busy mind, relieve stress or restlessness and balance a Vata mind-body type.



SOOTHING TO BALANCE PITTA

A fragrant blend of cooling essential oils to help take the edge off irritability, relieve tension and balance a Pitta mind-body type.



INVIGORATING TO BALANCE KAPHA

A fragrant blend of stimulating essential oils to help inspire natural enthusiasm, enliven vital energy and balance a Kapha mind-body type.

\$24 EACH

Better understand how aroma can create balance and peace at our Ayurvedic immersion course – Journey Into Healing.
To learn more about our programs call 1.888.736.6895 or visit chopra.com.

BALANCING THROUGH YOUR SENSE OF SMELL

DOSHA	PACIFIED BY	FOUND IN	USEFUL TO RELIEVE
Vata	Floral, fruity, warm, sweet and sour	Basil, orange, patchouli, vetiver, geranium, vanilla	Restlessness, anxiety, cramps, backache, heart palpitations, insomnia
Pitta	Cooling and sweet	Sandalwood, ylang-ylang, lavender, lemon, mint, rose	Anger, impatience, jealousy, ulcers, inflammatory bowel diseases
Kapha	Stimulating, spicy, aromatic	Eucalyptus, rosemary, frankincense, musk, camphor, juniper, clove	Retention of food, fluid, fat, relationships

AROMA

joyta AROMA CANDLES

Lighting a candle has been used throughout time to initiate a celebration, softly illuminate the environment or suffuse the atmosphere with perfume.



Made from pure soy and other botanical waxes, these exquisite candles burn smoothly and release their fragrant aroma, while the 100% cotton wick emits no toxic residue.



RELAXING TO BALANCE VATA

Relaxing essential oils of Patchouli, Vetiver, Basil and other natural fragrances permeate the room with peace and serenity.



SOOTHING TO BALANCE PITTA

Soothing essential oils of Ylang-Ylang, Lavender, Lemon and other natural fragrances permeate the room with harmony and tranquility.



INVIGORATING TO BALANCE KAPHA

Invigorating essential oils of Rosemary, Frankincense, Peppermint and other natural fragrances permeate the room with inspiration and vitality.

\$27 EACH



For thousands of years, Ayurveda has used the subtle power of fragrance to reestablish balance and harmony in mind and body. Made with rare forms of natural, pure sandalwood powders and oils, **Satwa Premium Sandalwood Incense** creates the perfect atmosphere for your timeless experiences.

\$6

PREMIUM SANDALWOOD

Enjoy the peace-invoking Sandalwood scent during meditation, yoga or simply as a reminder to be present and celebrate the gift of life.



The **Satwa Sandalwood Oil** gives off an exotic lingering scent that is sweet, earthy and woody. It helps calm the senses and promotes focused grounded feelings.

Apply this exquisite blend of pure aromatherapy essential oil directly to the skin throughout your day as a reminder to be present and celebrate the gift of life. (10ml)




\$30



CREATING BALANCE WITH FOOD

In her infinite wisdom, Nature has packaged all possible food sources into six tastes as a way to inform us about each food's influence on our mind-body physiology. All six tastes should be eaten at every meal for us to feel satisfied and to insure that all major food groups and nutrients are represented. In addition to serving as a source of nutrition, food can help balance mind and body.

The chart below lists the types of foods that restore balance in each mind-body principle. Favoring these foods can improve digestion and increase mental and emotional wellbeing.

	 TO PACIFY VATA	 TO PACIFY PITTA	 TO PACIFY KAPHA
BASIC QUALITIES	Favor: warm, oily, heavy foods Sweet, sour and salty tastes	Favor: cool foods and liquids Sweet, bitter and astringent tastes	Favor: light, dry, warm foods Pungent, bitter and astringent tastes
DAIRY	Favor: all dairy	Favor: milk, butter, ghee Reduce: yogurt, cheese, sour cream	Favor: low or non-fat milk Reduce: all other dairy
FRUITS	Favor: avocados, bananas, cherries, mangos Reduce: apples, pears, cranberries	Favor: grapes, melons, cherries, apples, ripe oranges Reduce: grapefruits, sour berries	Favor: apples, pears Reduce: bananas, avocados, coconuts, melons
VEGETABLES	Favor: asparagus, beets, carrots Reduce: sprouts, cabbage	Favor: asparagus, cucumbers, potatoes, broccoli, green beans Reduce: tomatoes, peppers, onions	Favor: all vegetables except tomatoes, cucumbers, sweet potatoes
BEANS	Favor: mung, dahl and tofu Reduce: all other beans	Favor: all beans except lentils	Favor: all beans except tofu and soybeans
GRAINS	Favor: rice and wheat Reduce: barley, corn, millet, buckwheat, rye and oats	Favor: rice, wheat, barley, oats Reduce: corn, millet, brown rice	Favor: barley, corn, millet, buckwheat, rye and oats Reduce: rice and wheat
SPICES	Favor: cardamom, cumin, ginger, cinnamon, salt, nutmeg, asafetida	Favor: coriander, cumin, fennel, sugar Reduce: hot spices like ginger, pepper, mustard seed	Favor: all spices



EATING AWARENESS TECHNIQUES

(Known as EATs)

The environment in which food is prepared and consumed makes an important contribution to the nourishing influence food has on the body. By paying attention to a few simple principles, you can help your system extract the highest levels of nourishment from everything you eat.

- Eat in a settled atmosphere.
- Don't eat when you are upset.
- Sit down to eat.
- Eat only when you feel hungry.
- Reduce ice-cold foods and drinks. They put out your fire.
- Don't talk while chewing your food, engage in light-hearted conversations.
- Eat at a moderate pace, neither too fast nor too slow.
- Wait until one meal is digested before eating the next.
- Sip warm water with your meals.
- Eat freshly-cooked meals whenever possible. Reduce FLUNC (frozen, leftover, un-cooked, nuked (micro waved), and canned) foods
- Minimize raw foods – cooked food is much easier to digest.
- Do not cook with honey, replace with maple syrup. Honey can be used as a condiment.
- Drink milk separately from meals, preferably warm and either alone or with other sweet foods.
- Experience all six tastes at every meal.
- Leave 1/3 to 1/4 of your stomach empty to aid digestion.
- Sit quietly for a few minutes after your meal. Take a walk if you can.



surya SPICE BLENDS

According to Ayurveda, a balanced diet contains all six tastes—sweet, sour, salty, pungent, bitter and astringent—at every meal. Surya Spice Blends are a delicious mix of dosha-pacifying herbs and spices lovingly crafted to help you easily enjoy these balancing flavors in your diet.

TASTE



Enjoy these special blends while cooking. Add to sauces, soups, vegetable and rice dishes or simply sprinkle on salads, popcorn or snacks.



VATA

A delicious relaxing blend of superior quality cumin, ginger, cardamom, salt, cinnamon, nutmeg, asafetida, designed to calm a Vata mind-body type.

\$9



PITTA

A delicious soothing blend of superior quality coriander, cumin, fennel, turmeric, salt and sugar designed to soothe a Pitta mind-body type.

\$9



KAPHA

A delicious invigorating blend of superior quality coriander, turmeric, cayenne, ginger, cinnamon and mustard designed to balance a Kapha mind-body type.

\$9

Learn how to use food as medicine at our signature weekly wellness program – Perfect Health.
To learn more about our programs call 1.888.736.6895 or visit chopra.com.



organic dosha-balancing teas

These specially crafted organic herbal teas are designed to restore balance and harmony in each dosha type. Our newly designed tea sachets are designed to gradually steep our beautifully aromatic and flavorful organic teas releasing an improved Ayurvedic experience and a better tasting full-bodied tea. Enjoy the Chopra Center's exclusive high-quality teas at home or on the go.



SOOTHING TEA

to balance Pitta

This delightfully aromatic tea will soothe, cool and harmonize your body, mind, and spirit. Spearmint, as familiar as an old friend, puts you at ease. Coriander, the herbal firefighter, relieves an overheated digestive system. Cooling hibiscus and fennel, along with calming chamomile, citronella and lemongrass round out this soothing blend, leaving you refreshed and enlivened. Contains spearmint leaves, coriander, fennel seeds, hibiscus flowers, citronella, lemongrass, and chamomile flowers.

20 ORGANIC TEA SACHETS \$12





RELAXING TEA

to balance Vata

Slow down and generate warmth from the inside out with this Vata reducing herbal blend. This delightfully aromatic tea will soothe, warm and harmonize your body, mind and spirit. Contains a relaxing blend of cinnamon bark, roasted chicory root, ginger root, cardamom, nutmeg and licorice root.

20 ORGANIC TEA SACHETS \$12



INVIGORATING TEA

to balance Kapha

This balanced blend stirs up energy safely and naturally, without caffeine. Invigorating tea contains a fragrant blend of herbs that enhance vitality and invigoration: Ginger kindles the digestive fire. Cloves and black pepper warm and stimulate, while cardamom and allspice warm and balance. Robust cinnamon, peppermint and orange peel refresh and rejuvenate. Contains cloves, ginger root, cinnamon bark, peppermint leaves, cardamom, allspice, orange peel and black pepper.

20 ORGANIC TEA SACHETS \$12





restful sleep

PROVIDES THE FOUNDATION FOR YOUR
MENTAL AND PHYSICAL WELLBEING



After a day of stimulating activity your body is ready for and needs deep sleep. We recommend a minimum of 6-8 hours of restful sleep each night for maximum rejuvenation. Hours of sleep before midnight are generally the most rejuvenating. Therefore, if you are sleeping eight hours between ten P.M. and six A.M., you will feel more rested than if you slept eight hours between midnight and eight A.M. To promote restful sleep, try the following routine:

- Eat a relatively light dinner.
- Take a leisurely stroll after dinner.
- To the extent possible, minimize exciting, aggravating or mentally intensive activities after 8:30 P.M.
- About an hour before bedtime, run a hot bath into which you place a few drops of Relaxing Abhy Oil into the tub.
- Diffuse relaxing aromas in your bedroom.
- As your bath is running, perform a slow self-administered oil massage and then soak in the warm tub for 10 to 15 minutes.
- While soaking, have the lights low or burn a candle, and listen to soothing music.
- After your bath, drink a cup of warm Relaxing herbal tea.
- If your mind is very active, journal for a few minutes before bed, “downloading” some of your thoughts and concerns so you don’t need to ruminate about them when you shut your eyes.
- Read inspirational or spiritual literature for a few minutes before bed. Avoid dramatic novels or distressing reading material.
- Do not watch television or do any work in bed.
- Once in bed, close your eyes and simply “feel your body” – this means focus on your body and wherever you notice tension, consciously relax that area.
- Then, simply watch your slow easy breathing until you fall asleep.

neti pot and nasya with ayurnas™

A SOOTHING NATURAL SOLUTION FOR COLDS, ALLERGIES & CONGESTION

WELLNESS



Ayurnas™ is the Chopra Center's custom blended nasya oil.

\$19



The Neti Pot can help clear and rejuvenate the breathing passages.

\$28

Using a Neti pot and Nasya oil is a traditional method to purify and revitalize the breathing passages. In the same way that massage nourishes and rejuvenates the skin, Neti and Nasya nourish and rejuvenate the breathing passages. This process can reduce allergies and decrease your chances of contracting upper respiratory infections. It is also useful before taking a plane flight to keep your breathing passages moist.

A Neti pot is a small container with a spout that can be gently placed into your nostrils through which warm salt water is administered. Usually made from a ceramic material, a typical Neti pot holds about 2/3 of cup of water to which 1/8 teaspoon of salt is added.

Place the spout of the Neti pot in one nostril and gently pour in the warm salt water. Your head should be positioned so the water runs out the other nostril. Any remaining liquid in your nasal passages is expelled and the process is repeated on the other side.

Nasya involves the application of a few drops of Ayurnas to the nasal membranes. Ayurnas contains the organic ingredients of safflower, sesame and coconut oils along with vitamin E infused with natural aromas of eucalyptus, rose, sandalwood, peppermint, lavender and basil. Place a drop of the oil on your baby finger and apply it inside your nostril. Then gently sniff it up and repeat on the other side. This can be repeated four to six times per day.

signature packages

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AYURVEDIC SINUS SOOTHING KIT

Breathe-Balance-Be Happy \$30



TEA & REFILL PACKAGES

Our organic tea plus a 40ct refill bag \$29

chakra collection

According to Tantric tradition, everyone has seven energy centers that serve as junction points between the body and consciousness, or between matter and the mind. These spinning vortices, called chakras in Sanskrit, receive, assimilate and express our vital life energy. When the flow of energy in one or more of the chakras becomes blocked, we may develop physical and mental illnesses. *These beautiful amulets are available in Silver and fused 24kt gold, Priced at \$160*

CROWN The Sahaswara

The Crown Chakra is the chakra at the top of the head. Wisdom, understanding, spiritual connection and bliss flow down through this chakra. This mantra is beyond sound.

3RD EYE The Ajna

This 3rd Eye Chakra allows us to see the big picture and is a window to cosmic Knowledge. Its mantra, inscribed on the back side of the amulet, is OM.

THROAT The Vishuddha

The Throat Chakra rules creativity, communication and growth. Its name means "Pure." Its mantra, inscribed on the back side of the amulet, is HUM.

HEART The Anahata

The Heart Chakra is the innate knowledge of unity, devotion and universal Love. Its mantra, inscribed on the back side of the amulet, is YUM.

NAVEL The Manipura

The Navel Chakra relates to the pure expression of one's unique individuality in the physical world. Its mantra, inscribed on the back side of the amulet, is RAM.

SEX The Svadhisthana

The Sex Chakra connects us to others through feeling, desire, sensation and movement. Its name means "abode of the Vital Force" or "dwelling place of the Self." Its mantra, inscribed on the back side of the amulet, is VAM.

BASE The Muladhara

The Root Chakra is the seat of Kundalini and is located at the base of the spine. The power of this Chakra establishes us in earthly experience. Its mantra, inscribed on the back side of the amulet, is LAM.



mantra collection

The word mantra has two parts: man, which is the root of the Sanskrit word for mind; and tra, which is the root of the word instrument. A mantra is therefore an instrument of the mind, a powerful sound or vibration that you can use to enter a deep state of meditation. *These beautiful amulets are available in Silver and fused 24kt gold, Priced at \$120*



SAT CHIT ANANDA Consciousness, Bliss



MOKSHA Liberation, Release



RITAM Truth



AHAM BRAHMASMI I am the universe



SHIVA SHAKTI Undivided union



TAT TVAM ASI I am that



SANKALPA Resolution, Determination



OM NAMAH SHIVAYA BRACELET
I bow to the inner self \$25

sacred jewels collection

Handmade Jewellery to center mind and body.

1.



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2.



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3.



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4.



4. **PEACE** Necklace \$176

5.



5. **PINK PEARL OM** Necklace \$98

6.



6. **TURQUOISE DOUBLE DORJI** Necklace \$148

mala collection

A mala, (a Sanskrit word meaning garland) is a set of beads, traditionally used to focus awareness during meditation. Wearing the mala throughout the day carries the energy of meditation into activity.



RUDRAKSHA Mala 108 Beads \$40



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SANDALWOOD Mala 108 Beads \$24



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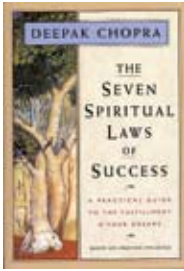


SANDALWOOD Necklace \$5.50 3mm

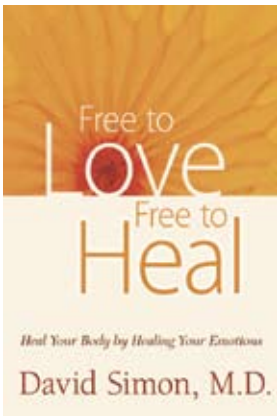
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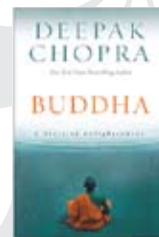
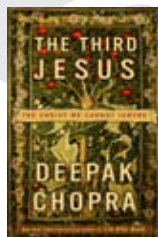
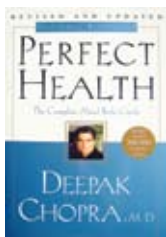


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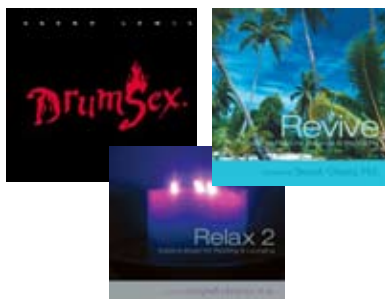
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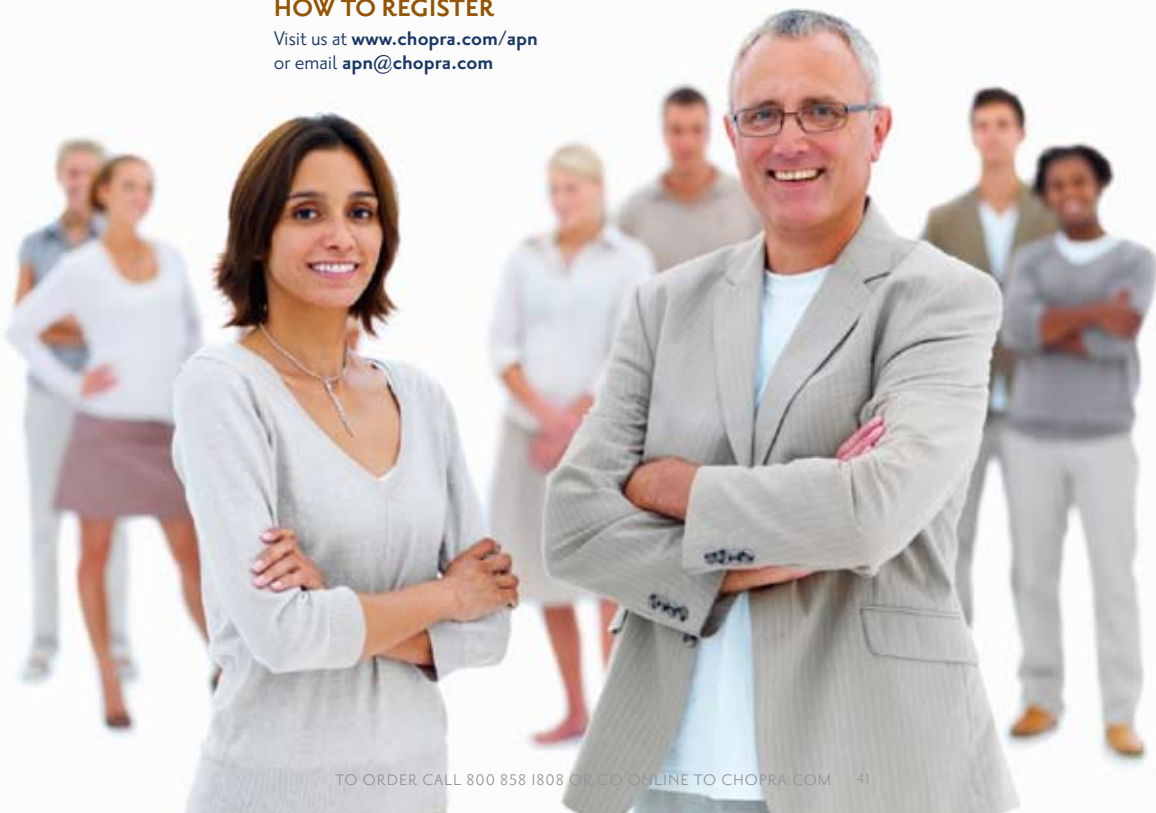
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chopra center events

As the popularity of natural healing practices and mind-body medicine has increased, the Chopra Center continues to serve as the global source for learning yoga, meditation, and ayurveda. Every year, thousands attend our wide range of programs, workshops, and retreats, which include mind-body immersions, emotional release intensives, and our week-long panchakarma detoxification program. In 2010, we want to touch as many hearts and souls as possible, so we will be bringing powerful programs to Florida, Canada, Europe, Arizona, California, New Mexico, and other beautiful locations.

For more information, please contact a Chopra Center Program Consultant: **888.736.6895**



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ayurveda, daily massage

Our six-day wellness program. Experience panchakarma detoxification therapy, daily ayurvedic spa treatments, a medical consultation, and instruction in meditation, yoga, and ayurveda.

Offered weekly at the Chopra Center in Carlsbad, CA

chopra.com/perfecthealth

JOURNEY INTO HEALING

world-renowned experts, preventive medicine

Our signature mind-body ayurvedic immersion workshop. Learn the wisdom of ayurveda from Deepak, David, and a team of renowned guest experts.

Feb 17–21: Phoenix, Arizona

May 12–16: Toronto, Ontario, Canada

Sep 22–26: Carlsbad, California

chopra.com/journey





FREE TO LOVE

emotional healing, letting go

An intensive three-day workshop where David Simon guides you through a proven process for releasing emotional turmoil.

Jan 15–17: Carlsbad, California

Apr 9–11: Carlsbad, California

Jul 9–11: Carlsbad, California

Sep 1–3: Carlsbad, California

chopra.com/freetolove

FREE TO HEAL

physical renewal, emotional detoxification

A powerful program designed exclusively for those who have completed the *Free to Love* workshop. At *Free to Heal*, you will continue to integrate the profound emotional healing you have experienced at *Free to Love* as you nourish your body and soul six days of panchakarma cleansing, daily ayurvedic massage treatments, meditation, yoga, and instruction in the healing practices and wisdom of ayurveda.

Jan 18–23: Carlsbad, California

Apr 12–17: Carlsbad, California

Jul 12–17: Carlsbad, California

Sep 4–9: Carlsbad, California

chopra.com/freetolove



SEDUCTION OF SPIRIT

meditation retreat, spiritual wisdom

Our premiere meditation retreat. Spend six days with Deepak and David, learning deep meditation techniques, practicing the Seven Spiritual Laws of Yoga, and exploring other practices for higher consciousness.

Mar 21–27: Marco Island, Florida

Aug 22–28: Sedona, Arizona

Nov 14–20: Carlsbad, California

chopra.com/seduction

SYNCHRODESTINY

empowerment, infinite possibilities

A self-empowerment workshop. Learn to harness the powers of intention and coincidence to fulfill your dreams and desires.

Jan 27–31: Carlsbad, California

Jun 16–20: Taos, New Mexico

Oct 20–24: Carlsbad, California

chopra.com/synchro

A WEEKEND WITHIN

beginner's program, yoga and meditation

This revitalizing weekend introduces you to Chopra Center co-founders Deepak Chopra, M.D. and David Simon, M.D. and the timeless teachings of the Chopra Center for Wellbeing.

May 1–2: Carlsbad, California

chopra.com/renewal



Founded in the 5,000 year-old tradition of Ayurveda, the Chopra Center for Wellbeing integrates the best of western medicine with natural healing arts of the East. Led by internationally-acclaimed authors Deepak Chopra, M.D. and David Simon, M.D., we invite you to visit one of our locations to experience a meditation, yoga class, healing spa service or to learn how to create a more harmonized daily routine with our signature Ayurvedic Lifestyle products.

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