



# WISDOM *Unleashed*

WITH CHARLEEN MICHEL

## **Chopra Vedic Educator: A Trinity of Health, Meditation, and Yoga**

As a certified Chopra Vedic Educator, I am honored to teach a trinity of transformative programs: Ayurvedic Health, Primordial Sound Meditation, and Royal Yoga. I've had the privilege of studying with world-renowned experts, including Dr. Deepak Chopra in Vedic Wisdom, Sarah Platt-Finger in Royal Yoga, Roger Gabriel in Meditation, and Dr. Sheila Patel and Dr. Suhas Kshirsagar in Ayurveda, along with my esteemed colleagues and friends at Chopra/IIN.

Through these studies, I have embraced the wisdom of Ayurveda, the transformative power of Meditation, and the philosophy and practices of Royal Yoga. This knowledge has allowed me to create personal well-being strategies that tap into the innate wisdom of nature, forming a holistic approach to health and spiritual growth deeply rooted in the Vedic Tradition of India.

### **The Trinity of Vedic Practices**

1. **Ayurvedic Health:** Ayurveda, the ancient science of life, provides personalized guidance on diet, lifestyle, and self-care practices that honor our unique mind-body constitution. It emphasizes balance, self-awareness, and natural healing, offering a pathway to vibrant health and longevity.
2. **Primordial Sound Meditation:** This mantra-based meditation technique helps quiet the mind, reduce stress, and connect with the stillness within. It is a powerful tool for self-discovery, inner peace, and spiritual awakening, using personalized mantras to align with the rhythms of nature.
3. **Royal Yoga:** Royal Yoga combines physical postures, breathwork, meditation, and mindfulness to cultivate self-mastery and self-realization. This comprehensive approach honors the interconnectedness of body, mind, and spirit, enhancing both physical and spiritual well-being.

### **A Holistic Vedic Approach**

These practices are deeply interconnected, offering a holistic approach to health, inner peace, and spiritual growth. Rooted in the Vedic Tradition of India, they guide us to align with the rhythms of nature, access our inner wisdom, and achieve balance in all aspects of life. Together, Ayurveda, Meditation, and Royal Yoga form a powerful trinity that supports our journey to optimal health and well-being.

By integrating these ancient teachings, we can experience a profound transformation that nurtures our body, mind, and spirit, allowing us to live in harmony with ourselves and the world around us, and create a life of balance, peace, and fulfillment.

I look forward to sharing this holistic approach to health and spiritual growth with you, empowering you to tap into the intuitive wisdom within.

Namasté