



WISDOM *Unleashed*

WITH CHARLEEN MICHEL

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

As a certified Chopra Vedic Educator, I am honored to share a trinity of transformative practices: **Ayurvedic Health, Primordial Sound Meditation, and Royal Yoga**. Guided by my studies with Dr. Deepak Chopra and other esteemed teachers, I weave together these ancient traditions into a holistic path of health, healing, and spiritual growth.

- **Ayurvedic Health** – Personalized lifestyle guidance based on your unique mind-body constitution, bringing balance, vitality, and natural healing.
- **Primordial Sound Meditation** – A mantra-based practice that quiets the mind, reduces stress, and awakens inner peace and spiritual awareness.
- **Royal Yoga** – A union of postures, breathwork, and meditation that cultivates strength, mindfulness, and self-realization.

Together, these practices create a holistic approach rooted in the Vedic tradition, guiding you to align with nature, awaken inner wisdom, and live with greater balance, peace, and fulfillment.

I look forward to sharing this journey with you and supporting your path to vibrant health and inner harmony.

Namasté