

PRIMORDIAL SOUND MEDITATION



VERSION 2.0

OPTIMAL LIFE...OPTIMAL YOU!

Primordial Sound Meditation Course

Get ready to dive into the world of Primordial Sound Meditation (PSM) in just 2 days!

Our PSM course is designed to equip participants with all the essential concepts and tools needed to kickstart their journey into this transformative meditation practice. Join us for a blend of informal yet professional guidance as we delve into the profound depths of PSM, a practice rooted in ancient wisdom, tailored for the modern seeker. By the end of this course, you'll have the knowledge and confidence to start incorporating PSM into your daily routine, harnessing its profound benefits for greater peace and well-being.

Course Breakdown

Day - 1

Class 1: Introduction to PSM - Let's kick things off by diving into what PSM is all about. We'll cover the basics, the history, and get you set up for the journey ahead.

Class 2: Personal Mantra Instruction - In this class, you'll get your own personal mantra! Learn how to use it in your meditation practice and understand the significance behind this ancient practice.

Day - 2

Class 3: Perfecting the Practice - Time to fine-tune your meditation skills. We'll go deeper into techniques, troubleshoot any challenges, and help you get the most out of every session.

Class 4: Higher States of Consciousness - Get ready to explore new realms of consciousness and take your meditation practice to the next level. Discover the potential for transformation and growth as you delve into higher states of awareness.

Moreover, a key component of our PSM course entails two post-class follow-ups aimed at reinforcing your learning, introducing new insights, and fostering a consistent meditation practice. It's all about setting you up for long-term success and satisfaction on your meditation journey. Further details on follow-up sessions will be provided as you progress through the course.

Registration & Fees

We limit the number of participants in our courses to ensure you receive a dedicated and immersive learning experience. Your spot will be reserved once registration and payment are completed.

Cancellation Policy

- Cancellations made 7 days before a scheduled date will receive a 70% refund.
- Cancellations made less than 7 days before a scheduled date are non-refundable as we need to cover space rental and course preparation costs. However, credit to future sessions might be accepted when a cancellation is due to an unforeseeable reason. Thank you for accepting our cancellation policy.

Satisfaction Guarantee

We are committed to providing you an exceptional experience in our courses. If you are not satisfied with the course after the first day, simply let us know and we'll offer a 100% refund, no questions asked.

Course Fee: \$300

Your fee includes:

- Two full days of intensive PSM sessions
- Two follow-up PSM sessions
- Light snacks and water will be provided during break times

Don't miss out on this opportunity to embark on a path of self-discovery and inner peace with us! [Our services might be covered by your healthcare benefits. Contact us if you have any questions.](#)

PSM Course Dates

Please visit our website www.version2wellness.com to get more information about upcoming course dates, registration and payment, or connect with us for further information.

Join us and take the first step towards your **Version 2.0**, an enhanced version of yourself!

Your Version 2.0 Team

