

## What are the benefits of Perfect Health?

By practicing the techniques learned in the *Perfect Health: Ayurvedic Lifestyle* program, you will be able to:

- Reduce stress
- Identify your mind-body personality
- Improve your digestion and sleep patterns
- Release emotional toxicity
- Restore vitality
- Re-awaken the senses

Drs. Deepak Chopra and David Simon founded the Chopra Center for Wellbeing in Carlsbad, California, to offer individuals from around the world programs in stress management, mind-body medicine, emotional healing, and life transformation. They have both practiced and taught the fusion of Ayurveda with modern science for over 35 years.



### DEEPAK CHOPRA, M.D.

Recognized as one of the world's greatest leaders in the field of mind-body-spirit medicine, Dr. Chopra continues to transform our understanding of the meaning of health and healing. The author of more than 80 books, Deepak is changing the way the world views physical, mental, emotional, spiritual, and social wellness.



### DAVID SIMON, M.D.

Dr. David Simon was a pioneer in mind-body-spirit medicine. After co-founding the Chopra Center for Wellbeing with Deepak Chopra, M.D. in the early 1990s, Dr. Simon became one of the world's foremost authorities on the effective and appropriate use of holistic healthcare practices. He was also the author of many popular wellness books, and developed programs dedicated to helping people consciously heal and transform their lives.

To enroll in a *Perfect Health: Ayurvedic Lifestyle* class, contact:

**JoEtta Heck, RDN, CP-FS**

Contact me:

[joetta@dietforbalancedhealth.com](mailto:joetta@dietforbalancedhealth.com)

Visit our website for events & classes  
[www.dietforbalancedhealth.com](http://www.dietforbalancedhealth.com)

JBHeck designs DBA DIET for Balanced Health, Founder  
Chopra Certified Perfect Health Lifestyle Educator  
Accredited Tai Chi Chih Instructor  
Member of the Academy of Nutrition and Dietetics



812.371.2092

<http://dietforbalancedhealth.com>

**"Perfect health is more than the absence of disease; it is a self-awareness journey that balances your physical, emotional and spiritual well-being. Perfect health supports you to live the life of your dreams."**

JoEtta Heck, adapted from ancient Vedic wisdom

Certified by the Chopra Center for Wellbeing

 **CHOPRA CENTER**  
**CERTIFIED INSTRUCTOR**  
[chopra.com](http://chopra.com)

# ACHIEVE PERFECT HEALTH

WITH THE CHOPRA CENTER'S PERFECT  
HEALTH: AYURVEDIC LIFESTYLE PROGRAM



DEVELOPED BY  
**DEEPAK CHOPRA, M.D.**  
AND  
**DAVID SIMON, M.D.**

CO-FOUNDERS OF  
THE CHOPRA CENTER FOR WELLBEING

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“Health is not the absence of disease, it is physical, emotional, and spiritual wellbeing”  
—Deepak Chopra, M.D.

## What is Ayurveda?

Ayurveda, the 5,000-year-old healing system founded in ancient India, is derived from the Sanskrit words *ayus* meaning life, and *veda* meaning wisdom. Ayurveda, the wisdom of life, offers a proven guide for a life of happiness, vitality, love, and purpose.

From the Ayurvedic perspective, human beings are not viewed as mere thinking physical machines, but rather as fields of intelligence in dynamic exchange with the energy and information of the environment. Health is a state of vibrant balance in which all the layers of one's life are integrated. The *Perfect Health: Ayurvedic Lifestyle* program provides the tools to enhance your physical and emotional wellbeing through your conscious choices, enlivening the nourishing connection between mind, body, and spirit.

## What is the *Perfect Health* program?

Based on the global bestseller *Perfect Health* by Deepak Chopra, M.D., the *Perfect Health: Ayurvedic Lifestyle* program teaches you to bring balance and healing into your life. Students will learn a powerful regimen of Ayurvedic practices designed to balance the body and mind, enhance nutrition, reduce emotional turbulence, and re-awaken the senses.

In some form or another, we all seek *Perfect Health*—physically and emotionally. Chopra Center co-founders David Simon, M.D. and Deepak Chopra, M.D. have designed a beautiful five-lesson course for achieving equilibrium of the mind and the body. When our bodies and minds are in balance, we can make nourishing choices, achieve healing, and experience the change we seek.

## How will *Perfect Health* affect my life?

Today, doctors are increasingly citing stress as a major contributing factor to most illnesses. Our bodies and minds react to it by shifting out of balance, which ultimately creates physical challenges and emotional turbulence that impact our lives at home, at work, and at play. In time, we can find ourselves in toxic relationships and non-nourishing patterns of eating, sleeping, and digestion. The *Perfect Health: Ayurvedic Lifestyle* program will help you identify the imbalances in your life, teach you how to correct them, and help you develop a nurturing daily routine. You will also learn to release emotions in a healthy way so that they don't build up in your physiology. Most important, as your stress is eliminated, your mind and body begin to function with maximum effectiveness, creating health, vitality, and happiness.

## What will I learn in the *Perfect Health* program?

The *Perfect Health: Ayurvedic Lifestyle* program is presented in five sessions over several days.

In **Session One**, your Chopra Center-certified *Perfect Health* instructor will introduce you to the basic principles of Ayurveda, meditation, and yoga as well as the three primary mind-body personalities: Vata, Pitta, and Kapha.

In **Session Two**, you will learn how to select and use the most nourishing foods for your mind-body personality. These nutritional practices will help you maintain vibrant health, appropriate weight, and optimized digestion.

In **Session Three**, you will learn to perpetually renew yourself each day by recognizing and eliminating toxins and by performing gentle rejuvenating techniques.

In **Session Four**, you will learn tools to practice conscious communication to enhance your relationships and help you achieve emotional freedom.

In **Session Five**, your instructor will teach you to use your senses to access the power of your body's inner pharmacy to heal, nourish, and maintain balance.

## How do I get started?

To take your next steps toward developing a *Perfect Health: Ayurvedic Lifestyle* practice, please feel free to contact me as your local Chopra Center Certified Instructor. Please find my information included in this brochure.

