



FOR IMMEDIATE RELEASE

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PACK YOUR BAGS AND HIT THE ROAD TO WELLBEING

Pack your bags and hit the road to wellbeing with one of the new programs offered by the Sedona Meditation Training Company.

Choose one of the mind-body boosting programs to set you on the path to wellbeing that you desire. Whether you have a couple of hours or a couple of days, these programs are designed to offer you space for rejuvenation and an opportunity for self-renewal and restoration.

Learn to meditate in the Meditation for Beginners course, or take time for the Sedona Meditation Experience. You can even learn the popular meditation technique that Deepak Chopra raves about.

Recently featured in the *NY Times*, Sarah McLean, the director of the Sedona Meditation Training Co., was one of the founding directors of the Chopra Center in California and has over 20 years' experience in the personal growth arena. She and all the certified trainers at the Sedona Meditation Training Company skillfully demystify meditation and make the practice accessible to anyone.

Check the latest course offerings in Scottsdale and throughout Arizona at www.SedonaMeditation.com, or email meditate@esedona.net.

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