

## Alfonso, it starts tomorrow - Oprah & Deepak's 21-Day Meditation Challenge

1 message

**21-Day Meditation Challenge** <meditationchallenge@chopra.com>

Sun, Mar 10, 2013 at 2:08 AM

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Dear Alfonso,

Tomorrow we will embark on the 21-Day Meditation Challenge™, *Perfect Health*. It is our privilege to be your personal guides as you explore your inner world and expand your understanding of how to create and live a life of authentic perfect health.

We know the positive impact that nurturing relationships and community have on our overall health and wellbeing. Group support can be so valuable in helping us reach our goals. With this in mind, we encourage you to surround yourself with positive, encouraging support systems during this journey. [Invite your family and friends to join you](#) on this transformational path, access the many resources we offer, and connect with other like-minded meditators through the Chopra Meditation Challenge Facebook community.

Here are some suggestions you might find useful:

- Think of a few positive changes you'd like to make over the next 21 days.

- Choose a time and place for your meditation.
- Wear comfortable clothing.
- Let others in your life know how important this Challenge is to you and ask that they respect the time you've set aside for yourself.
- Read our daily emails to preview each day's topic.

If you miss a day of meditation, be gentle with yourself and then resume your daily practice. We look forward to connecting with you each day and sharing in this life-changing experience.

Blessings,

A handwritten signature in dark ink, appearing to read "Paul & Ingrid". The signature is fluid and cursive, with the names connected by an ampersand.

2013 Costa Del Mar  
Carlsbad, California 92009  
United States

The meditations and information in this 21-Day Meditation Challenge™ are intended for educational use only and are not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition and before undertaking any diet, fitness, or other health program.