

news release

for immediate release

The New Secret Weapon

Actually, it's not so secret if you talk to the older souls around, but meditation may be a new concept to many of Westerners fighting fatigue, stress, and aging.

Ask someone who includes meditation in their lifestyle and they can probably boast about feeling youthful, revitalized, clear-headed and at peace.

Stress is what plagues everyone these days, so for those who come to Sedona for a little rest and relaxation, Sedona Meditation Training & Retreat Co. is offering programs to help you get to that that head space.

There are courses to learn the basics, such as Meditation 101, a 2 ½ hour course offered regularly, or you can learn Deepak Chopra's popular sound meditation technique – an all day program, where you'll get your own personal mantra.

Let director Sarah McLean, one of the founding directors of the Chopra Center in California, and her team of certified trainers demystify meditation for you at one of their workshops in Sedona or call them for a private appointment.

While you're getting that vortex vibe in Sedona, you can stop two great local stores the Golden Word and Peace Place to get a taste of Sedona's focus on spirituality. There you'll find the new CD called Meditate. It's newly released by Sarah McLean and is

guaranteed to help you to chill out and find your inner peace, as long as you don't listen to it while you drive. Can't make it to Sedona? You can order it on Amazon too and learn to meditate in the comfort of your own home.

The Sedona Meditation Training Company also offers luxurious meditation vacations and creativity retreats in Sedona where you can meditate your way to peace. The website offers great information: www.SedonaMeditation.com or call 928.204.0067.

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