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## **The Gift of Meditation: Dr. Deepak Chopra to Lead Group Meditation Event in the City of Beverly Hills**

*Free Holiday Offering Is the City's Latest Collaboration with Dr. Chopra*

**WHO:** Deepak Chopra, MD, the world-renowned pioneer in integrative medicine and personal transformation, along with Beverly Hills Mayor Lili Bosse.

**WHAT:** Is back in Beverly Hills to lead a special holiday meditation session.



**WHEN:** Sunday, Nov. 19 from 5-6 p.m.

**WHERE:** In beautiful Beverly Cañon Gardens, lit up for the holidays with spectacular and colorful décor, called HYBYCOZOs. 241 N. Cañon Dr., Beverly Hills.

**WHY:** The Gift of Meditation is part of the Beverly Hills Healthy City and BOLD initiatives. Dr. Chopra led a similar meditation session on the steps of Beverly Hills City Hall last May. To promote both a healthy body and a healthier, more connected community, Mayor Bosse leads several hundred constituents on a weekly, two- to four-mile walk on Monday mornings. During the walks, she has one-on-one conversations with citizens and stops by local businesses. The B.O.L.D. program, Beverly Hills Open Later Days, is a campaign to enliven the City in the evenings with more shopping, dining and entertainment options.

**HOW:** Everyone is welcome! Please bring a cushion and a sweater. Parking provided in nearby [City parking structures](#)

