



Office of Communications
City of Beverly Hills
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The Gift of Meditation: Dr. Deepak Chopra to Lead Meditation Event for City of Beverly Hills

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

Beverly Hills, CA – Deepak Chopra, MD, a world renowned pioneer in integrative medicine and personal transformation, is back in Beverly Hills on Nov. 19 to lead a guided meditation session in beautiful Beverly Cañon Gardens. The *Gift of Meditation* is a free holiday event, and part of the City's #HolidayBOLD and #bhhealthycity initiatives.



Beverly Cañon Gardens will be lit up for the holidays with spectacular and colorful décor, called HYBYCOZOs. Last May, Dr. Chopra led a public meditation session in front of City Hall that attracted nearly 1,000 people.

"The holidays are an exciting and magical time to be in Beverly Hills," said Mayor Bosse. "I am thrilled and grateful that Dr. Chopra will bring us a *Gift of Meditation*, which will be a special time of

holiday peace in our City."

"With the excitement and commotion of the holiday time, meditation is the key to making every moment matter. I am thrilled to lead a meditation for the City of Beverly Hills and once again, collaborate with Mayor Bosse," said Dr. Chopra.

The Nov. 19 meditation event will kick off with an introduction from Mayor Bosse. Dr. Chopra will give a short talk and followed by a guided meditation.

The Gift of Meditation from Dr. Deepak Chopra

Nov. 19, 2017 at 5 p.m.
Beverly Cañon Gardens
241 N. Cañon Dr., Beverly Hills



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



The Gift of Meditation is part of Mayor Bosse's #bhhealthycity campaign. Recent scientific evidence shows that people who meditate regularly experience less anxiety and show wide-ranging, positive effects on their health.

To promote both a healthy body and a healthier, more connected community, Mayor Bosse leads several hundred constituents on a weekly, three- to four-mile Walk with the Mayor every

Monday morning. During the walks, she has one-on-one conversations with citizens and stops by local businesses. Her B.O.L.D. program, Businesses Open Later Days, is a campaign to enliven the City in the evenings with more shopping, dining and entertainment options.

Deepak Chopra, MD, FACP

A world renowned pioneer in integrative medicine and personal transformation, Deepak Chopra MD, FACP is the founder of the [Chopra Foundation](#), cofounder of [Jiyo.com](#) and the [Chopra Center for Wellbeing](#). TIME magazine has described Dr. Chopra as "one of the top 100 heroes and icons of the century."

Chopra is Board Certified in Internal Medicine, Endocrinology and Metabolism, a Fellow of the American College of Physicians, Clinical Professor in Medicine and Public Health at the University of California, San Diego, Researcher, Neurology and Psychiatry, at Massachusetts General Hospital, Adjunct Professor at Kellogg School of Executive Management at Northwestern, Adjunct Professor at Columbia Business School, Columbia University and Professor of Consciousness Studies at Sofia University. The World Post and The Huffington Post global internet survey ranked Chopra #17 influential thinker in the world and #1 in Medicine."

Deepak Chopra has authored more than 85 books, published in more than 43 languages, including 25 New York Times Bestsellers including "You Are the Universe", "Seven Spiritual Laws of Success", "Super Brain", "Ageless Body Timeless Mind", "Radical Beauty". His soon coming book, [The Healing Self](#), to be released in Jan. 2018.

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