



Office of Communications  
City of Beverly Hills  
455 N. Rexford Dr.  
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*[Please RSVP to Therese or Dana]*

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## Dr. Deepak Chopra to Lead Meditation for City of Beverly Hills

*Free Outdoor Event Is First of Mayor Bosse's S.O.U.L. Sessions*



Beverly Hills, CA – Deepak Chopra, MD, a world renowned pioneer in integrative medicine and personal transformation, will launch Mayor Lili Bosse's S.O.U.L. Sessions, Seek Original Unique Learning. Dr. Chopra, the best-selling author of more than 85 books, will lead a guided meditation session outside on City Hall grounds Fri. May 12. The S.O.U.L. Sessions are part of Mayor Bosse's #bhhealthycity initiative, which encourages a healthy lifestyle for the mind, body and soul.

"I am absolutely thrilled that Deepak will launch our first S.O.U.L Session," said Mayor Bosse. "Our year-long partnership with Deepak will bring a new dimension of health and wellness to our City. I welcome both

residents and visitors and fervently hope that mayors in other cities will adopt a more holistic approach to public service and promote comprehensive wellness programs for their citizens."

The May 12 #bhhealthycity event will kick off with an introduction from Mayor Bosse. Dr. Chopra will give a short talk and lead a guided meditation. **Everyone is welcome!** Recent scientific evidence shows that people who mediate regularly experience less anxiety and show wide-ranging, positive effects on their health.



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**S.O.U.L Session – Dr. Deepak Chopra Meditation Session  
May 12, 2017 at noon  
Steps of Beverly Hills City Hall, Crescent Entrance  
454 N. Crescent Dr., Beverly Hills  
Free parking provided in nearby [City parking structures](#)**

The S.O.U.L Sessions are part of Mayor Bosse’s #bhhealthycity campaign. To promote both a healthy body and a healthier, more connected community, she 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. Her Healthy Government aims at opening up the workings and decision-making of City operations to residents by creating more transparency.

**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."

Dr. 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."

Dr. 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".

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