



Office of Communications
City of Beverly Hills
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[Please RSVP to Therese or Dana to obtain media credentials]

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Deepak Chopra to Guide 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 80 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!***



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Recent scientific evidence shows that people who meditate regularly experience less anxiety and show wide-ranging, positive effects on their health.

S.O.U.L Session – 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.

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