



are
your mind and body fit?

C O M M I T
T R A N S F O R M
T R A N S C E N D



www.vaughncenter.com
www.kierlandresort.com

The Vaughn Center offers an integrative approach to healing. All of our programs and events are designed to energize, inspire, and transform the body, mind and spirit.

Damian Vaughn and his team will provide the techniques to help you:

- ~ Discover a deeper state of calm
- ~ Unleash pure creativity
- ~ Achieve mental clarity
- ~ Establish balance with your purpose in life

Reserve your space today. Begin your Transformation.

Agave, The Arizona Spa at Westin Kierland Resort and Spa - 480.624.1500

courses

Meditation CalmQuest™ ~ 2 Hours, \$149 per person

This course offers an introduction to a traditional Mantra Meditation technique. You will de-mystify the nature of your mind, gain crystal clear clarity and deeper states of calm.

This course includes:

- ~ Physiological effects of stress and how meditation counterbalances stress
 - ~ Understanding the dualistic nature of the mind
 - ~ Introduction to the Software of the Soul
 - ~ Using the practice of setting intentions
 - ~ Creating your own personal practice
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~ 6 Hours, \$379 per person

When you learn Primordial Sound Meditation, you will receive a personal mantra which is the vibration the universe was creating at the time and place of your birth. Thrive within self-generated power using the timeless technology of meditation.

This course includes:

- ~ Introduction to Primordial Sound Meditation (Mantra)
 - ~ Deep understanding of the nature of the mind, and Software of the Soul
 - ~ Perfecting the Practice of Meditation
 - ~ Higher States of Consciousness
 - ~ Meditation Journal
 - ~ Intentions and Desires
 - ~ Questions and Answers
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weekend immersion



TRANSFORM AND TRANSCEND

As the Vaughn Center's signature meditation retreat, this deeply profound experience is guaranteed to unlock the potential that rests within the infinite realm of your soul.

In a tranquil group setting, you will be guided into advanced meditation practices, daily yoga practice and energy work. You will experience higher states of consciousness, open up your capacity to love, realize blissful joy, and discover your purpose in life.