



The Chopra Center for Wellbeing Opens Canadian Addiction Treatment Center

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The Chopra Center for Wellbeing, in partnership with Paradise Valley Wellness Centre, is opening a new addiction treatment center in Squamish, British Columbia. The residential center is the first of its kind, offering a unique healing approach that combines timeless Eastern healing traditions with the most recent breakthroughs in Western medical science. The treatment program is based on the the principles developed by the Chopra Center's co-founders David Simon, M.D. and Deepak Chopra, M.D. and described in their popular book 'Freedom from Addiction.'

'The root of every addiction, whether you are addicted to alcohol, drugs, cigarettes, toxic relationships, gambling, sex, food, or anything else, is a need to find comfort and relief from anxiety, painful memories, emptiness, and many other difficult emotions,' said Chopra Center medical director, David Simon, M.D.

'Our experience at the Chopra Center is that when people are able to identify and release stored emotional pain - and replace addictive behaviors with choices that nourish their mind, body, and spirit - healing and transformation can occur.'

Paradise Valley founder and addiction specialist, Nirmala Raniga added, 'We're excited about collaborating with the Chopra Center to help those who have tried many times to overcome an addiction but ultimately returned to destructive behaviors because they hadn't addressed the underlying cause of their addiction.

'Our new addiction program merges the wisdom of traditional healing arts with the tools and insights of modern psychology and medicine, empowering patients to move beyond destructive patterns and conditioned beliefs - and create lives filled with true fulfillment and happiness. We are receiving regular hands-on training directly from Dr. Simon and davidji, the dean of Chopra Center University. This consistent guidance and reinforcement will allow us to deeply infuse our staff with the most powerful time-tested techniques.'

Nestled on 10 peaceful acres in the beautiful Squamish Valley (between Whistler and Vancouver), the addiction recovery program at the Paradise Valley Wellness Centre will be led by a team of health care professionals that include a psychiatrist, a physician, therapists, yoga and meditation instructors, a nutritionist, an acupuncturist, massage therapists, and residential care givers.

In the tranquil atmosphere of Squamish Valley, residents will receive instruction in meditation and mindfulness to promote balance and peace, experience therapeutic body work (including acupuncture, yoga, and massage), dine on delicious vegetarian meals, and have access to a fully equipped gym, an extensive wellness library, and the private forested trails and lush gardens that surround the Wellness Centre.

To learn more, please call Tiffany Murray at (760) 494-1660.

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