



# Quantum Care Center

Lellinge, 22.05.2008

## Course in Primordial Sound Meditation

We hereby invite you to a course in meditation at Quantum Care Center. The course will be held at Gammel Lellingegaard. Please contact us for further information about dates.

The sort of meditation we teach at Quantum Care Center is called Primordial Sound Meditation, which focuses on an inner sound (mantra). Please see attached document for further information on Primordial Sound Meditation. The advantage from this kind of meditation is that it's possible to verify the state of the mediation throughout the meditation.

Our teacher, who is also the owner of the Center, Jet Izabella Thurmann, is a trained PAM instructor from The Deepak Chopra Center, California and she has a thorough knowledge of mediation and the processes that take place in body and mind both during and after the meditation. It follows from this that Jet is a very experienced and competent teacher, who has taught at courses in Denmark, UK and USA.

For further information visit our website [www.quantumcarecenter.com](http://www.quantumcarecenter.com) (For short film with pictures from my center and intuitive music by Werner Elmker, look for **video presentation** in the lower right hand corner and press **Jet Thurmann**)

The present programme is as follows:

### Wednesday

#### **5 pm – Introduction to the principles in Primordial Sound Meditation.**

You will be introduced to the basic understanding of this kind of meditation during a 3-hour group meeting. You will be taught how meditation works and you will be given the history of the personal mantra.

### Saturday

#### **Personal guidance (the time for this will be set individually during Friday)**

You will meet with your teacher, Jet Izabella, for 15-20 minutes and you will be initiated at a short ceremony. You will then be given your personal mantra by Jet and she will show you how to use it. Then you meditate for 30 minutes.

### Quantum Care Center ApS

Gammel Lellingegaard ~ Bakkeleddet 9 ~ Lellinge ~ DK-4600 Køge

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SE nr. 20324694



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## Sunday

### **2 pm – you will be better at meditating.**

You will be in a 3-hour group meeting with the other course participants where you run through your practical experiences with mediation. You will get the opportunity to ask detailed questions to your teacher and you can participate in a 30 minute joined meditation.

### **4<sup>th</sup> lesson – time and date will be set by the participants during the course:**

#### **Expanding the awareness of the mind.**

In the final group meeting we watch a video with Deepak Chopra about altered states of consciousness. The video will give you an insight into how you can use meditation to grow in every personal level. Again you will be given the possibility to participate in a joined meditation. The lesson will last approximately 3 hours.

As a participant in the course you are given the opportunity to contact Jet Izabella Thurmann and her colleagues for the rest of your life if you have any further questions concerning the Primordial Sound Meditation.

Further more you can attend additional workshops or retreats, where these subjects will be reviewed by Danish and foreign speakers.

The cost of this course in Primordial Sound Meditation is 2,400 Dkk (excl. VAT ). Beverages such as coffee, tea and smaller meals will be served during the course.

You can purchase a book and a cd about PSM at Quantum Care Center.

The final date of registration is one month before the course. You can register for the course at: 56 82 08 73 or [info@quantumcarecenter.com](mailto:info@quantumcarecenter.com)

The fee must be paid within one month before the course at account number 5190 1532120 Please specify name and number of the course (PSM0907 or PSM1007))

Please note: we need to have your exact time of birth, the date and the place along with your registration. We send this information to USA so we can work out your mantra.

We look forward to hear from you and we hope to see you at the course.

Yours truly

Jet Izabella Thurmann  
**Quantum Care Center ApS**

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