



Healthy living's star attraction leads you on a dazzling tour of body, mind and the "theosphere." But will you remember the landscape when he sets you back down?

DEEPAK CHOPRA & the Meaning of It All

By Andrew Hidas

There's something you should know about Deepak Chopra. He likes to box. That's right: the pugilistic arts, the "sweet science," the I-hit-you, you-hit-me-back tango. Chopra does it most mornings as part of a three-hour-long wakeup (starting time: 4 a.m.) that includes aerobic work like bike spinning, rigorous strength training with weights, and—more true to form—90 minutes of meditation.

Chopra's designated boxing opponent is his personal trainer. "I look at it as a form of dancing—ballet dancing but with much more vigor," he says. "It's an interesting sport. Once in a while, I pretend my critics are in front of me."



CHOPRA AT LUTHER BURBANK CENTER

Dr. Deepak Chopra will appear at Luther Burbank Center at 7:30 p.m. Wednesday, September 26. Tickets are \$25 to \$15, or \$100 for a special VIP package that includes priority seating and attendance at a reception for Dr. Chopra from 6-7 p.m. Call 944-5000 for ticket information.