

Learn practical wisdom & techniques for improving the quality of life



HAPPINESS

You are invited to join the upcoming
Happiness Program

Practical wisdom for improving the quality of life

- ☑ Breathing techniques to eliminate stress
- ☑ Skills to improve relationships at home and at work
- ☑ Ancient wisdom in a modern context



Founded in 1981 by Sri Sri Ravi Shankar, The Art of Living is a not-for-profit, educational, and humanitarian NGO engaged in stress-management and service initiatives. The organization operates globally in 151 countries. For more information visit www.ArtofLiving.org



Learn practical wisdom & techniques for improving
the quality of life

HAPPINESS

You are invited to join the upcoming
Happiness Program

Practical wisdom for improving the quality of life

- ✓ Breathing techniques to eliminate stress
- ✓ Skills to improve relationships at home and at work
- ✓ Ancient wisdom in a modern context



Founded in 1981 by Sri Sri Ravi Shankar, The Art of Living is a not-for-profit, educational, and humanitarian NGO engaged in stress-management and service initiatives. The organization operates globally in 151 countries. For more information visit www.ArtofLiving.org



Experiencing Anger? Worries? Anxiety? Health issues?

NEED INNER PEACE?



You are invited to join upcoming **The Happiness Program**.
Practical Wisdom for improving the quality of life

- ★ Sudarshan Kriya breathing technique to eliminate stress
- ★ Skills for improving relationships at home & work
- ★ Ancient wisdom revived for better living
- ★ Interactive exercises
- ★ Yoga, stretching, and relaxation exercises
- ★ Meditation and powerful breathing techniques

Upcoming Program



Founded in 1981 by Sri Sri Ravi Shankar, The Art of Living is a not-for-profit, educational, and humanitarian NGO engaged in stress-management and service initiatives. The organization operates globally in 151 countries. For more information visit www.ArtofLiving.org

Experiencing Anger? Worries? Anxiety? Health issues?

NEED INNER PEACE?



You are invited to join upcoming **The Happiness Program**.
Practical Wisdom for improving the quality of life

- ★ Sudarshan Kriya breathing technique to eliminate stress
- ★ Skills for improving relationships at home & work
- ★ Ancient wisdom revived for better living
- ★ Interactive exercises
- ★ Yoga, stretching, and relaxation exercises
- ★ Meditation and powerful breathing techniques

Upcoming Program



Founded in 1981 by Sri Sri Ravi Shankar, The Art of Living is a not-for-profit, educational, and humanitarian NGO engaged in stress-management and service initiatives. The organization operates globally in 151 countries. For more information visit www.ArtofLiving.org

The Art of Living Course

Practical Wisdom for improving the *quality of life*

- * Sudarshan Kriya breathing technique to eliminate stress
- * Skills for improving relationships at home & work
- * Ancient wisdom revived for better living
- * Interactive exercises
- * Yoga, stretching, and relaxation exercises
- * Meditation and powerful breathing techniques

Upcoming Course



Founded in 1981 by Sri Sri Ravi Shankar, The Art of Living is a not-for-profit, educational, and humanitarian NGO engaged in stress-management and service initiatives. The organization operates globally in 151 countries. For more information visit www.ArtofLiving.org

The Art of Living Course

Practical Wisdom for improving the *quality of life*

- * Sudarshan Kriya breathing technique to eliminate stress
- * Skills for improving relationships at home & work
- * Ancient wisdom revived for better living
- * Interactive exercises
- * Yoga, stretching, and relaxation exercises
- * Meditation and powerful breathing techniques

Upcoming Course



Founded in 1981 by Sri Sri Ravi Shankar, The Art of Living is a not-for-profit, educational, and humanitarian NGO engaged in stress-management and service initiatives. The organization operates globally in 151 countries. For more information visit www.ArtofLiving.org

The Art of Living Course

Practical Wisdom for improving the *quality of life*

- * Sudarshan Kriya breathing technique to eliminate stress
- * Skills for improving relationships at home & work
- * Ancient wisdom revived for better living
- * Interactive exercises
- * Yoga, stretching, and relaxation exercises
- * Meditation and powerful breathing techniques

Upcoming Course



Founded in 1981 by Sri Sri Ravi Shankar, The Art of Living is a not-for-profit, educational, and humanitarian NGO engaged in stress-management and service initiatives. The organization operates globally in 151 countries. For more information visit www.ArtofLiving.org

The Art of Living Course

Practical Wisdom for improving the *quality of life*

- * Sudarshan Kriya breathing technique to eliminate stress
- * Skills for improving relationships at home & work
- * Ancient wisdom revived for better living
- * Interactive exercises
- * Yoga, stretching, and relaxation exercises
- * Meditation and powerful breathing techniques

Upcoming Course



Founded in 1981 by Sri Sri Ravi Shankar, The Art of Living is a not-for-profit, educational, and humanitarian NGO engaged in stress-management and service initiatives. The organization operates globally in 151 countries. For more information visit www.ArtofLiving.org