



THE ART OF BREATHING

BREATHING TECHNIQUES, LOW IMPACT YOGA & MEDITATION

COURSE BENEFITS

Breathing techniques to eliminate stress & tension
Skills for improving relationships at home and at work
Tools to handle your mind & negative emotions

Learn Sudarshan Kriya

An immensely powerful technique that incorporates specific natural rhythms of breath to release stress and purify the entire system by releasing toxins at the deepest cellular level.

“Sri Sri Ravi Shankar’s Approach to Inner Peace Is Like Fresh Air to Millions” – The Washington Post

Course Details & Contacts:

Sept 22-27

Weekdays: 7pm-10pm

Weekend: Sat 3pm-8pm/ Sun 10am-4pm

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ArtOfLiving.org

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HEALTH, HAPPINESS & ENERGY

THE ART OF LIVING - 30 YEARS, 150+ COUNTRIES, 20 MILLION PEOPLE SERVED