



# THE ART OF BREATHING

BREATHING TECHNIQUES,  
LOW IMPACT YOGA & MEDITATION

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

## 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.

### Course Details & Contacts:

#### **Jan 26-31**

Weekdays: 7pm-10pm

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

#### **St Thomas More College**

Abela Scolaro Street  
Hamrun

Alfred Difesa

99427376

alfred@omni-ideas.com

**ArtOfLiving.org**

**160euros**



## HEALTH, HAPPINESS & ENERGY

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