

## THE ART OF LIVING

The Art of Living presents the Healing Breath Workshop, a course of experience and knowledge designed to develop the full potential of life. It offers techniques to eliminate stress, improve vitality, and expand awareness. During the workshop one learns to live life more fully in the present moment. The course gives people a chance to dive deep into the joy hidden inside every man and woman and come out smiling. The Healing Breath Workshop is open to people of all ages and educational backgrounds. The course doesn't conflict with any religious or spiritual practice rather, it enhances both by allowing us to experience the inner core of our being, which is infinite. The course is fun and relaxing. Anybody can do it.

## SUDARSHAN KRIYA

The Sudarshan Kriya is a specific technique offered during the course to greatly enhance one's personal growth. It need only be practiced a few minutes a day to produce dramatic results. Stress melts off and energy floods in. Grace flows and life is transformed to a richer level. There is a rhythm in nature. Likewise, there is a natural rhythm inside us-in our body, mind, and spirit. Because of the stress and strain of modern living, these three areas of our life are often out of harmony. Through specific rhythms, the Sudarshan Kriya restores harmony to our whole being. Negative emotions get stored in every cell in our body in the form of toxins. The Sudarshan Kriya floods our system with life supporting energy and eliminates these toxins. One feels renewed physically and emotionally. Happiness wells up inside and life is fulfilling

## WE CARE FOR THE WORLD & WE CARE FOR YOU

The Art of Living enthusiastically embraces the concept of service to humanity. In addition to teaching the workshop for self-development in countries around the world, the organization has numerous centers and schools for the care and education of people of all backgrounds. Especially noteworthy is the Dollar-a-Day Program in India that allows people a chance to sponsor a child's needs for as little as a dollar a day. There are also specifically tailored programs for those living with HIV/AIDS, cancer, substance abuse, physical and sexual abuse, and for the rehabilitation of prisoners. The Art of Living Foundation is an international nonprofit educational and charitable organization.

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