



THE ART OF LIVING

SUBTLE ENERGIZING BREATHING TECHNIQUES & RELAXING MEDITATION
“Sri Sri Ravi Shankar’s approach to inner Peace is Like Fresh Air to Millions” – The Washington Post

UNIQUE BREATHING, YOGA & MEDITATION WORKSHOP

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.

SPECIAL 3 DAY COURSE DETAILS

Apr 2nd, 3rd & 4th, 2010
Good Friday Long Weekend
11: 00 am- 4:30 pm

Art of Living Foundation
5715 Coopers Ave. Unit # 11
Mississauga, ON L4Z 2C7

Registration limited to 50 participants only

Course fee: \$300 which includes free repeat course and weekly followup

905-755-9642 (YOGA)
gta-west@artofliving.ca

HEALTH, HAPPINESS & ENERGY



Not-for-profit educational and humanitarian organisation