



Health, Happiness & Energy

Only a breath away!

The degree to which stress unduly influences our lives is generally underestimated: Often the mind clings on to anger, guilt, or regret about the past, or is plagued by anxiety and worry about the future. This oscillation of the mind causes tension and stress both for ourselves and for the people around us and leads to reduced effectiveness in action. Breath is the link between body and mind, and thus is the key to handling our mind and negative emotions, and releasing our true potential - at work, at home, and at leisure.

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

"Sri Sri Ravi Shankar's Approach to Inner Peace Is Like Fresh Air to Millions"
-- *The Washington Post*

Upcoming Course Details

Date & Timings:	Nov 18-21. Fri/Mon 7-930pm; Sat/Sun 10am - 5pm
Course Location:	37 Hope Street, Liverpool, L1 9EA
Contact Information:	Dalip 07867973216; Helen 07880885368
Course donation:	£200; Students £100; Early bird rate £150
Registration Details:	Please email completed forms to dalip_matta@yahoo.com

Invite your friends, family & peers!



For more information visit www.ArtofLiving.org