



THE ART OF LIVING

Faridabad

The Art of Living Course Part 1 **(Change the way you have been living your Life)**

The course gives practical experience on all levels of existence body, breath, mind, intellect, memory, ego and the self.

The Art of Living Course Part 1 is conveniently scheduled over six consecutive sessions.

At the end of the course you will have effective tools to practice at home.

Course Features

Practical knowledge to deal with the daily challenges of life.

Guided interactive processes.

Yoga, stretching and relaxation exercises.

Meditation and powerful breathing techniques.

Sudarshan Kriya, a unique breathing technique.

What will you loose?

- *Chronic Deceases.*
- *Negative Emotion like anger, sadness, fear etc.*
- *Over Weight.*
- *Diabetes.*
- *Doubts about self.*
- *Stress and tension.*
- *Depression.*
- *High and low Blood pressure problem.*

What will you gain?

- *Elimination of depression & anxiety.*
- *Removal of stress.*
- *Good health & well-being.*
- *Increased vitality and energy.*
- *More ease, joy and harmony in personal & work relationships.*
- *Improved self-esteem.*
- *Greater creativity.*
- *Clarity of mind.*
- *Improvised sleep.*
- *Increase in focus and efficiency.*

For Registration and Information Contact Art of Living Faridabad: -

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