

You are invited-

The Happiness Program

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
- ★ Interactive exercises
- ★ Yoga, stretching, and relaxation exercises
- ★ Meditation and powerful breathing techniques

Dates : 15th March - 17th March 19

Time : Fri : 18:00-21:30 Sat : 18:00-22:00, Sun:1-530pm

Location : Panaga Club , Seria

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Founded in 1981 by Sri Sri Ravi Shankar, The Art of Living is a not-for-profit, educational, and humanitarian NGO engaged in stress-management and service initiatives. The organization operates globally in 151 countries. For more information visit www.ArtofLiving.org