

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 : 10th May - 12th May 19

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

Location : Panaga Club , Seria

Contact : Ravi Y- 8731503; Vikas - 7185693; Ravi G - 8790981

email : ravijgdaol@gmail.com

website : www.artofliving.org



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