

Each individual possesses the ability to calm the mind, relax the body and energize the entire system within minutes. The secret lies in the breath. The Art of Living Course explores this secret. Enjoyed by people of all backgrounds, faiths, and traditions, this program has benefited people in over 140 countries around the world.

## THE ART OF LIVING COURSE

This course features Sudarshan Kriya™, a breathing technique that uses specific rhythms of breath to detoxify every cell of the body and infuse it with energy. The course, which combines additional breathing techniques, meditation, knowledge about the mind and how to manage negativity, as well as other interactive processes, provides the experience of how to live with ease and success in a stressful world.

Upon completion of the Art of Living Course, participants receive a home practice consisting of Sudarshan Kriya and other breathing techniques, which comprise a comprehensive breathing program. Course participants report that with regular practice (15-20 minutes a day), there is a vast improvement in energy levels, greater ease in interpersonal relationships, increased ability to work under pressure, greater joy, as well as increased creativity and mental clarity.

### PROGRAM OVERVIEW

The Art of Living Course is taught over six consecutive sessions for a total of 18-22 hours with each session lasting approximately three hours. The course format usually includes weekday evenings and two weekend mornings.

### THE BREATH

According to the science of breath 80 to 90 percent of the toxins from the body are eliminated through the breath. The average individual uses only 35 percent of their lung capacity. A greater understanding and skillful use of the breath can transform one's mental and emotional state and significantly improve the overall quality of one's life.

### THE MIND

A stressed mind tends to swing between future events and past actions – either in worry, anxiety, or regret. This constant vacillation creates unrest and unease in the mind and body. The Art of Living Course provides the individual with concrete tools that enable one to reduce the effects of stress on the system and function more fully in the present moment, with dynamism, peace, and joy.

## BENEFITS

- Reduced Stress
- Increased health & well-being
- More ease and joy in personal relationships
- Improved self-esteem
- Greater creativity & clarity of mind
- A deeper sense of community
- Enriched spiritual life

### INDEPENDENT RESEARCH FINDINGS:

- Reduced cortisol - the "stress hormone"
- Relieves depression & anxiety
- Reduce cholesterol
- Increase antioxidant protection
- Benefit the immune system

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