

Benefits

Reduced stress

More joy & enthusiasm

Improved efficiency & productivity

Builds self-esteem

Enhanced health & well-being

Improved interpersonal skills

Heightened awareness & clearer perception

Peace & confidence

Balances the whole system

The Art of Living Foundation, founded in 1982 by Sri Sri Ravi Shankar, is one of the world's largest humanitarian organisations, initiating numerous social projects in more than 140 countries. The Foundation is an international humanitarian and educational Non-Governmental Organisation (NGO)



Sri Sri Ravi Shankar is an internationally respected peacemaker and has inspired many educational and charitable organisations and projects around the globe. One such project is the 5H Programme which has adopted more than 25,000 villages in India and opened more than 100 schools for the underprivileged. Every year Sri Sri Ravi Shankar addresses people in more than 40 countries, including gatherings such as the World Peace Summit in New York, the World Economic Forum in Davos and the European Parliament in Strasbourg.

Experiences

“The Art of Living Course has changed my life tremendously for the better. I have gained more confidence within myself, my mind has become a lot more clear and focussed just through a simple breathing technique and the knowledge gained.”

S. Darya (Accountant, Australia)

“I battled with moderate to severe anxiety for many years, including panic attacks. Therapy and medication had limited success. After attending the course two years ago a whole new world has opened up for me. A peace, joy and confidence I never thought possible is now my normal experience.”

Graham B. (Entrepreneur, New Zealand)

“I have been looking for this for 15 years. The techniques are truly a gift. When I practise them regularly I feel great no matter what has happened during the day.”

Charlotte P. (Lawyer, Germany)

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an
unforgettable
experience

Existence is a Fact - Living is an Art

Everyone wants greater success and happiness, better health and peace of mind. That which keeps us from achieving these qualities in our life is stress.

The degree to which stress unduly influences our lives is generally underestimated. Often the mind clings to anger, guilt or regrets about the past, and anxiety about the future. This oscillation of the mind creates tension and stress both for ourselves and for the people around us.

To be able to deal with our mind and negative emotions is an art: The Art of Living.

“It is every human being's birthright to live in a disease free body and a stress free mind.

Yet, neither at school nor at home have we been taught how to deal with our negative emotions.”

Sri Sri Ravi Shankar

Living the Full Potential of Life

The Art of Living Course is offered worldwide, and is a practical program of experience and knowledge designed to develop the full potential of life. Enjoyed by people from all backgrounds and traditions, the course is based on the ancient vedic knowledge of life which has been adapted to the needs of the modern world by Sri Sri Ravi Shankar.

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



Course Features

The Art of Living Course Part 1

- Practical knowledge to deal with the daily challenges of life.
- Guided interactive processes.
- Yoga, relaxation and meditation.
- The Sudarshan Kriya, a unique breathing technique.

The Part 1 Course runs over six consecutive sessions. At the end of the course you will be equipped to practice at home.

The Art of Living Course Part 2

Includes deep silence and guided meditations. Develops an understanding of the movement of energy in the body and the nature of emotions.

Sudarshan Kriya

One of the most comprehensive breathing techniques derived from the yogic science of breath and taught by the Art of Living Foundation is the Sudarshan Kriya. It is traditionally understood to use specific rhythms of the breath to eliminate stress, support the various organs and systems within the body, transform overpowering emotions and restore peace of mind.



According to the yogic science of breath, impurities which accumulate in the cells cause sluggishness and promote disease.

The Sudarshan Kriya oxygenates the cells and rapidly flushes out impurities. Physically, the cells are vitalised; emotionally one feels a sense of balance and contentment.

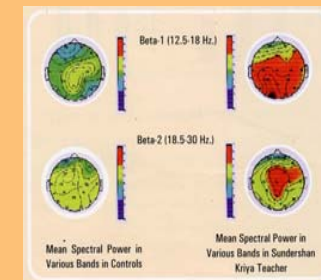
The Science of Breath

A powerful resource for a successful life

Lungs are one of the most important sites of elimination of impurities from the body. Not only is carbon dioxide, as the most abundant impurity produced in the body, removed through breathing out, but many other waste products (around 250), albeit in smaller amounts, are also eliminated from the body through the lungs. Yet, it is known that we typically use only about 30% of our lung capacity. Art of Living breathing exercises, including Sudarshan Kriya, allow more efficient use of the lungs and effectively eliminate impurities from the body.

Independent research has shown that Sudarshan Kriya and accompanying practices significantly:

- Reduce levels of stress (reduction in cortisol – the “stress” hormone)
- Benefit the immune system
- Reduce cholesterol
- Relieve anxiety & depression (mild, moderate & severe)
- Enhance brain function (increase in mental focus, calm and recovery from stressful stimuli)
- Enhance health, well-being & peace of mind



A study on the long-term effects of Sudarshan Kriya on brain function using EEG (Electroencephalogram). Significant increases in beta activity were observed in specific regions of the brain in the Sudarshan Kriya practitioners (at left), as compared to controls (at right) ($p < 0.05$). These results indicate increased mental focus/heightened awareness in Sudarshan Kriya practitioners.