



The Bharatiya Cultural Center

Hosts



Breathe Better ... Live Better!

Yoga, Meditation, Stress Management Techniques and more ...

Presented by

THE ART OF LIVING FOUNDATION

**Sri Sri Ravishankar is coming....
to Philadelphia and Delaware this fall...**



Gift yourself an opportunity to attend an Internationally acclaimed Seminar focusing on how breath can be used as a tool to effectively deal with everyday stresses. Discover secrets to:

- *Enhance your health,*
- *Increase immunity*
- *Improve confidence and relationships*
- *Experience inner peace AND*
- *An Unshakable SMILE.*

RSVP: FREE Sign Up at – www.secure.artofliving.org/events.aspx

Date: October 5th: 3:00 – 4:00pm

Venue: Bharatiya Cultural Temple
1612 County Line Rd
Montgomeryville, PA 18936

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*The Art of Living Foundation is an international nonprofit educational, charitable, and humanitarian organization. It has reached out to more than 20 million people in over **146 countries** across the globe with activities relating to health, education, sustainable development and conflict resolution. Please visit www.artofliving.org for more information.*