

Experience Peace Within

Enhancing self-discovery

Deep rest for the mind & body

Reviving energy and enthusiasm



The Art Of Living Course

- * Powerful breathing techniques that eliminate stress and toxins
- * Practical tools that increase energy, focus, and clarity
- * Insightful knowledge that improves relationships, attitude, and outlook
- * The ability to keep smiling through the good and bad!
- * Learn a revitalizing breathing process known as the Sudarshan Kriya

Free Introductory Seminar!

Come to experience:

- ❖ *Meditation*
- ❖ *Relaxation*
- ❖ *Secrets to manage the Mind*
- ❖ *Handle Stress*

On Saturday, June 13th (11am to 12noon)

Venue: Bharatiya Cultural Center
1612 County Line Road, Chalfont, PA 18914

For more information, please call / e-mail :

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OR

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Complete Workshop

Dates:

June 24th - June 28th 2009

Timings:

Wed 6:30 p.m. -9:00 p.m.

Thurs/Fri 6:30 p.m. -9:30 p.m.

Sat/Sun 9:00 a.m. - 2 p.m.

[Sign-up](#)