

ART OF LIVING COURSE

BREATHING TECHNIQUES, MEDITATION & YOGA FOR PEACE OF MIND



There is a great secret in the breath. You have an in-built ability to calm the mind, heal the body, energize the whole system in minutes.

November 13 – 18

Indianapolis

aolindy@gmail.com

341 0355, 839 9358, 258 4745

Throughout our lives we learn many skills - reading, writing, science, music and art, but very few of us have actually learnt the true Art of Living. We are rarely taught how to handle our negative emotions - anger, depression, stress. Yet, the quality of our life depends upon the quality of our mind.

The breath can be used as a tool to effectively deal with everyday stress. Discover the hidden laws that govern the mind and learn skills to enhance ones health and well-being. Benefits include peace of mind, mental clarity and focus and increased joy and enthusiasm

www.artofliving.org