



The Art of Living Course

Finding Greater Peace, Energy & Joy

The Art of Living Course is a practical course of experience and knowledge designed to develop the full potential of life.

Enjoyed by people of all backgrounds and traditions, the course is based on the ancient knowledge of the art of living and the healing power of the breath, adapted to the needs of modern life. It offers practical tools to eliminate stress and awaken our innate potential to heal ourselves. The techniques and tools learned bring greater peace, energy, awareness, and joy to daily life.

The Art of Living Course offers specific breathing practices and techniques that infuse the body with energy and harmonize the natural rhythms of the body, mind, and emotions.

The course includes Sudarshan Kriya, which uses specific rhythms of breath to re-establish balance in life as it simultaneously floods the cells of the body with oxygen and energy. Course participants report that with regular practice (15-20 minutes a day), there is a vast improvement in physical and mental energy, as well as greater harmony with others.

The Art of Living course is typically taught over four to six sessions, conducted on weeknights and weekend mornings. A minimum of 18-22 hours is required depending on the group, with additional two-hour follow-up sessions.

The Benefits

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

Independent research findings:

- **Reduced cortisol (the “stress hormone”)**
- **Relieves depression and anxiety**
- **Restores normal sleep patterns**
- **Increased EEG alpha and prolactin (well-being hormone)**

The Mind

Quality and success in life are determined by the state of our mind. We are rarely taught how to handle our negative emotions - anger, depression, stress. Because of increasing pressures to achieve and produce at a faster rate, stress is considered a normal part of modern lifestyle. Under stress and pressure, the mind often vacillates between regretting the past and worrying about the future.

This constant vacillation results in lower performance, lack of concentration, decreased efficiency, and more interpersonal conflicts. The Art of Living Course empowers individuals to be more centered and focused, by providing them with powerful tools that enable them to function more fully in the present moment.

The Breath

The breath has proven to be a powerful tool in effectively regulating the mind, and can be very effective in eliminating stresses and toxins from the system. It has a profound effect on how we feel emotionally and physically, and on the state of our mind.

The Yoga of Breath states that up to 80% of the physical and emotional toxins in the body can be eliminated through the breath, yet most people use only 35% of their lung capacity. Skillful use of the breath can effortlessly transform one's mental and emotional state and significantly improve the overall quality of life.