

Calm the Mind

Yoga of the breath

"A stress-free mind and a disease-free body are the birthrights of every human being. Neither at home nor at school have we learned how to handle negative emotions or rid ourselves of unwanted stress."

—Sri Sri Ravi Shankar

Art of Living breathing techniques, meditation and yoga have helped many around the world and empowered them with unconditional joy. These powerful tools can help you, too!

The Art of Living Course

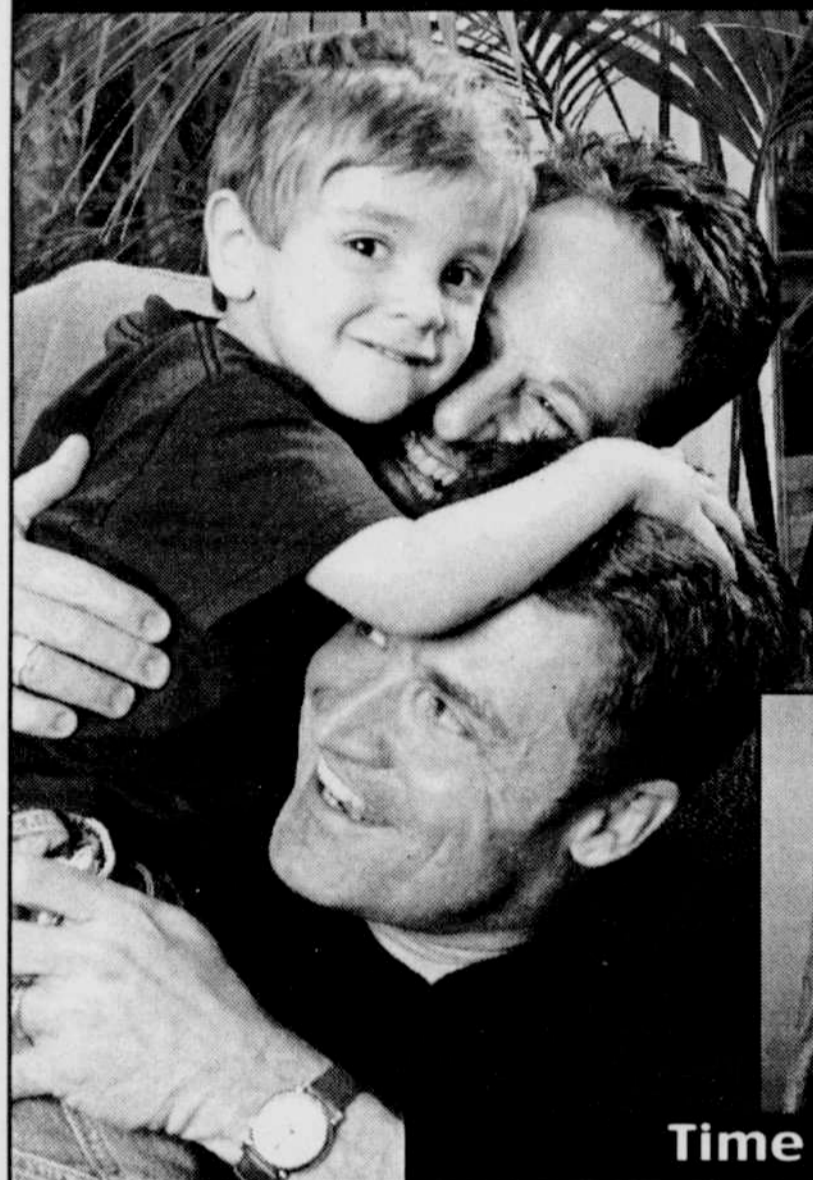
Offered in Portland March 21—26

For more information call David at 503.641.6301 or email: beilbender@earthlink.net Visit us at www.artofliving.org

Sri Sri Ravi Shankar

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