

# 14<sup>th</sup> “Healing Breath Workshop”

(Total Seats: 75 max.)

Date: 07<sup>th</sup> September, 2010 [Tuesday] to 12<sup>th</sup> September, 2010 [Sunday]

Timing: 5.30PM - 9.00PM

Venue: Vivekanand Lecture Hall Complex (VLHC)

---

Yours ups and downs, regrets, fears and anxiety will pass and fade away in your memory. However emotional upheavals leave a toxic residue at a cellular level. Much tension is accumulated in the body. Gradually over the years, these accumulations take its toll on your health and your general outlook on life. When your system is saturated with impurities, you succumb to illness. Physically you begin to age prematurely. You may start to feel ‘angry’, ‘stressed-out’, ‘burned-out’ or ‘depressed’. When the body is stressed or unfit, the mind is also affected thereby causing laziness and lethargy.

The 20-24 hours workshop is conducted over 6 days. The techniques and processes in this workshop are specially designed to remove impurities within you and clear the way for a fresh, joyous approach to life. The **highpoint** of the course is **Sudarshan Kriya** practice, a healing breathing method **PATENTED by Sri Sri Ravi Shankar**, which is so simple yet so effective. Physically the practice provides greater oxygenation and purification of the blood, yet Sudarshan Kriya is more than a mere breathing technique. This process fully oxygenates the cells, recharging them with new energy and life. Negative emotions stored as toxins in the body are naturally flushed out.

Participants have witnessed, experienced and reported many astounding benefits including:

- Release of fears, depression and anxiety
- Release of negative patterns
- Increased energy, vitality and enthusiasm
- A new sense of well-being, joy and self-confidence
- Strengthened immune system
- An enhancement of personal growth
- A new sense of harmony and emotional balance
- Clarity of mind, less mental ‘noise’ and worry
- A new appreciation of life
- and many others.....

[These benefits have been documented by medical researchers in India and North America]

**The Art of Living Basic course:** This course is central to all the other courses offered by the foundation. In this program one discovers hidden laws that govern the mind as well as skills for dealing effectively with negative emotions. This course releases layers of stress without effort, removing blocks to the increased energy and joy that are our birthright. The art of living integrates modern and ancient spiritual method to bring you in touch with the silent core of your being.

**The art of living courses are promoted all over the world and offered to people from all walks of life, religions, societies and cultures.**

‘The Art of Living Foundation’ is an **International Non-Government Organization (NGO)** which implements its programs in more than 150 countries all over the world and has a special consultative status with the ‘Economic and Social Council’ (ECOSOC) of the United Nations. The foundation has accredited representatives at United Nations in New York, Geneva and Vienna. It also works in association with the ‘**World Health Organization**’ (WHO) and ‘**UNICEF**’.

*“These Programmes help us become better people, which in turn helps us to be better professionals”*

*Registration starts w.e.f. 14<sup>th</sup> August, 2010.*

**Course Coordinator:**

**Dr. Sunil, NIT Hamirpur (HP)**