

An Exclusive Happiness Program which features a live online session with Sri Sri Ravi Shankar, founder of the Art of Living and Sudarshan Kriya breathing technique

The Happiness Course is ...

- > A 4 session, in person, immersive course.
- > 15 hours spread over 4 consecutive days (Thurs & Fri night and Sat & Sun morning).
- > A uniquely powerful combination of timeless wisdom, evidence-backed breathing techniques, authentic yoga & effortless meditation.

On the Happiness Program you'll learn how to ...

- Cope with the stresses of everyday life.
- Become a calmer, more confident you.
- Quickly & effectively find inner peace with the power of your breath.
- Bring your mind to a clear and positive state.
- Strengthen your immune system and improve your health.
- Boost your energy levels and relax incredibly deeply

Dates: 18th to 21st July

Timing: Thu & Fri 6:30 to 9:30 pm, Sat & Sun 8 am to 1 pm

Location: Choose from 41 locations across Australia

Click here: [www.happiness.artofliving.org.au](http://www.happiness.artofliving.org.au)

If you need more information, call Anmol on 0470036138 or email [anmol@artofliving.org.au](mailto:anmol@artofliving.org.au)

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