



ART OF LIVING COURSES: CREATING A STRESS-FREE MIND & A VIOLENCE- FREE WORLD

The Art of Living conducts several self-development and stress elimination programs that empower people to face life's challenges gracefully. These workshops equip the participants with skills and techniques that enhance the quality of their lives.

At the core of these unique programs is the Sudarshan Kriya, a powerful revitalizing breathing technique gifted to the world by Sri Sri Ravi Shankar after spending 10 days in deep contemplation and silence. The technique is proven to facilitate physical, mental, emotional and social well-being.

Through these programs, the Art of Living has made available to the masses ancient practices that were kept exclusive. Meditation and other techniques which make the mind calm, focused and alert form part of these programs.

The programs also have a strong accent on fostering the collective values that bind human beings together. They are also found to engender a greater sense of belongingness as well as a feeling of responsibility towards humanity as a whole. These courses are one of the key factors in inspiring volunteers to initiate the multitude of service projects operating all over the world.

The Art of Living offers specific programs to cater to every age group and section of society. The core programs offered by the Art of Living include Art of Living Course Part I, Art of Living Course Part II, Youth Empowerment Seminar, Youth Empowerment Seminar +, ART Excel, Sahaj Samadhi Meditation, Sri Sri Yoga, and Divya Samaj Nirman. In addition, it also offers special courses that impart ancient wisdoms for practical and rational applications.

The Apex program seeks to address all corporate by providing a solution that tackles stress in an effective and effortless manner through simple stress-elimination tools that have helped employees discover a roadmap to a new way of working and living.





The Blessings Course offers an experience of abundance, contentment and fulfillment through unique meditation processes. These qualities are natural to all of us, and the course brings them to the fore of our experience.

More than 100 million people worldwide have undergone the Art of Living workshops. The stories of transformation are mind-boggling, varying from physical and mental well-being to improvement in social relationships to positive changes in innate qualities.

Independent medical research has demonstrated significant benefits of these programs. A study by All India Institute of Medical Sciences (AIIMS), Delhi, recorded significant increase in beta and alpha activities among Sudarshan Kriya practitioners, indicating a state of relaxed and heightened alertness. It's also found that Sudarshan Kriya improves the blood cholesterol profile with significant drops in total cholesterol and LDL (harmful) cholesterol, as well as increases in HDL (beneficial) cholesterol.

PART 1

“I was a patient of Chronic Bronchial Asthma with acute exacerbation in change of seasons right from my childhood (hereditary from both parents), on continuous use of Bronchodilators and Steroids.

After doing the Part I course in June 1999 till date, I have used my inhalers just 3-4 times. Now I am free of all steroids, anti-allergy and bronchodilator medicines. It is amazing.”

Dr. Ruchi Gupta, Punjab, India

“As an engineer, I need to be, both, analytical and critical. Mental clarity and stamina are also essential. Sudarshan Kriya and meditation enhance these abilities. An additional plus is a better sense of well being.”

William Hayden, NASA Senior System Analyst, USA

“We came to breathe and we experienced the breath of our souls.”

Rabbi, Jerusalem





“My life changed since I took the Art of Living course. I became a more stable person, more open to myself and to others. I became more aware while dealing with my present and past problems.

The Art of Living course focuses on what brings people together. In Lebanon, we have several communities. The three main communities are Muslims, Christians and Druze. The course helps in building bridges among them.”

Oscar Eid, Lebanon

ART EXCEL

“I feel relaxed. I also feel fresh. Before I used to scream a lot at my brother but now I don't”.

Sadhika Jogia, 10 years

“I found the course very educational and it taught me to care for my body. It made my inner self relaxed and light. This course taught me to live my life to the fullest with happiness.”

Vineil Narayan, 13-year-old

“I liked making friends in ART Excel and I think that other people should go and do this course.”

Rajiv Lal, New Zealand





YES

“The Youth Empowerment Seminar has helped me immensely. I have been dependent on drugs for a while. I never thought I had the stamina to live without them. Amazingly, I am more calm and happy now. I have discovered a new energy in myself.”

Maryam Mehboob, Pakistan, Youth Empowerment Seminar

“The YES program has made a significant change in my life. Before, I would go to school grumpy and upset due to things that had occurred the day before. I wouldn't do well in school and I'd lash out at people for no reason. After I took the YES program, I used the breathing techniques they taught me to calm myself down. I no longer was grumpy and upset, but jolly and friendly. Even my grades are higher.”

Melissa, Los Angeles

“Wards who entered the camp with their hard, angry composure and delinquent attitudes were transformed by the end of one week into happy, smiling youngsters....In the 33 years of my probation experience, I have never seen such responses.”

William Richardson, Former director of Los Angeles County,
V.A.P Anger Management Program,

Camp Michael Smith, Camp Francis Scobee, Lancaster, CA

YES+

“We have come here to the YES!+ program to work together. I am from “Bloods” and he [another participant] is from “Crips.” On the reserve the whole gang mentality is screwed up...The only thing they can do is make their own alcohol, brew it and beat each other when they are drunk.”





What is the prospect in that? What is the meaning in that? This [YES!+] is way better than beer and drugs. Why bother getting high off of those chemicals when you can get high off of life naturally!”

John L. Mason-Youth Representative,

St. Theresa Point, Canada

“For me, this program is really an experience to see how the impossible becomes possible. In life I find it hard to maintain a positive mindset when people are doubting you. I used to be a person who became easily overwhelmed by positive or negative emotions instead of keeping a balance in situations.

Having regularly started practicing my breathing techniques I really feel the difference in my daily life. I meet challenges feeling much more relaxed, with inner confidence.”

Maria Lorenz, 25-year-old, United States of America

“At the beginning of the course I was not that interested. My lifestyle was kind of messy, and also slightly self-destructive. I obsess a lot and this leaves me very stressed and anxious. Day by day, Yes!+ started getting more and more interesting.

I got back the feeling that I can concentrate, I can do whatever I feel like doing without automatically thinking negatively in my head.

This, to me, was like a journey or a crossover. From being an absent-minded, anxious, maker to a more relaxed person. It was not too easy, but pleasant.”

Jamal Aridi, 20 years, Lebanon





SRI SRI YOGA

“Taking the Sri Sri Yoga course, I feel that it has helped me to relax and decrease stress in general. My sleep has improved and my appetite is normalizing.”

Charlotte Ross, nurse, British Columbia

“I was suffering from severe back pain for 5-6 months. I went for many treatments, Ayurvedic and allopathy but none had long-term effects. I was told about this wonderful course – Sri Sri Yoga. I am so glad to share that after the course I got relieved from my back pain and got peaceful sleep and also it was a tremendous relaxation for the mind and soul.”

Lekshmi, Bangalore, India

“Sri Sri yoga is simply fantastic. I had a few doubts before joining. Is it possible to stretch the body within a span of 6 days? The teacher in the yoga class slowly took us in that direction in a very meditative way. I have started celebrating life.”

Venkatesh. A. R, 45 years

SAHAJ SAMADHI

“When I was 16 years, I wanted to do meditation, and started trying it out through books and trial and error. I had one good experience and failed to achieve it later. So I gave up on meditation.

Later when I started learning Sahaj, I could relate directly when the teacher said, 'It's not about the experience, but the benefits to your mind and body.' This was such an Aha!-experience, and by proper guidance it has made all the difference in my life.”

Frank Schmidt, Business Analyst, Norway & India





PART 2

“I cannot directly pin point it, but definitely there is a big change from before and after going to the part-2 course. I feel I have become a new person, so I say that the part-2 course has been the starting point of my new self. The new me is very comfortable. I feel blessed and very happy. Actually, I feel very lucky to come across a course like this. Thank you for giving such an opportunity.”

Shoko, Japan 43 year

“The advanced course, I cannot put in words the sort of experience it was for me. I have always imagined the nature of meditation and the feeling one has when you do this but this was mind blowing. It was an absolutely wonderful experience.”

Deepak R.

“I had a great time with the advance course too. I think everyone came out a better person. My personal health seems improved.

I am finding that I am more tolerant to my own self these days. This means that I do not indulge in drinking and other bad habits as soon as I find time. I used to do that a lot before.”

Himmat L., Fiji





DSN

“The programs, the processes, the homework, all shattered or dissolved what I perceived were my limitations.”

Bill Hayden, NASA Engineer

“My biggest boundary was to talk in front of a large group. On the last day of the course, the group support and energy I received helped me to cross that boundary successfully.

The DSN course gave me lots of confidence and positive energy which will help me to grow in my personal and professional life.”

Sheetal, indianapolis

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Sheetal, indianapolis

“Do Something NOW (DSN) provided the tools I need to enhance my awareness, consciousness and love that quiets my inner voices of worry and fear. I can now say, “YES” to my ability to share love and knowledge and do all I can to care for our precious existence.”

Susan Blumhorst





BLESSING COURSE

“I feel light and free—like I've just unwrapped the gift of infinity!”

Emilie, Blessing Course

One of my colleagues at work had a catch on her neck due to a faulty sleeping posture. She was unable to move her neck and was in great pain. As it was a particularly an important day at work, she was unable to visit a doctor. (Even a pain killer had not helped her)

Finally, she approached me and asked for help. I gave her blessings. Soon she went into meditation for ten minutes.

Later she opened her eyes and kept on twisting her neck and shoulder at different angles. I asked her what she was doing. She replied with a smile, “Nothing - I am searching for the pain.”

Surya Ramesh, India

My aunt is 86 years old. I visited her the next day after the Blessing course. She told me that she had a severe headache. I told her that I could help her. She agreed with me.

I put my right hand on her white hair on her head. I felt the energy moving in my body.

After 10 or 15 seconds I put my hand away from her head. She opened her little eyes. She looked at me and said “I don't know what was happening, but I don't feel any pain in my head.”

Viko Hedviko Visnikar, Europe





APEX COURSE

“I would recommend this course to any management team wanting to make significant improvements in their effectiveness. The ideas & principles taught are universal & valuable to any management organization.”

Mr. Bharat Shenoy Director of Sales, Tyco Electronic

“The performance of our staff has remarkably improved which also showed in the business results and the way we met our targets...”

Mr. Vivek Vig

**Former General Manager-Consumer Bank,
Samba, Saudi Arabia**

“It will definitely impact the way I'm going to live the rest of my life.”

Director – HR, Maersk

“The criminal defense and death penalty litigation work we do in our office is very high pressure and filled with stress. Because the stress level of the job affects our health and effectiveness at work, our office has sponsored several different stress management programs.

The APEX Course has by far been the most useful, enjoyable, and best received. Our attorneys found the breathing techniques and processes in the Course to be extremely relaxing, and beneficial to their state of mind and their ability to work effectively.”

David L McColgin

**Supervising Appellate Attorney-US
Federal Defenders**





SMART PRISON

“I'm slowly recovering from mental stress and depression. I sleep well at night now. My health is good and I am feeling really well. I have reduced my smoking from 6 rolls to 2 rolls a day. Good progress. Thank you.”

Nalibu, Savenaca

The course is life changing + has done many wonders for me in such short time.

I have found that I haven't complained about things or anyone. People who have terrible vicious tongues for backstabbing and gossip no longer upset me or play on my mind. My mind is calm and clear. No longer smoking + look forward to future changes to come. I would recommend this to

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Karina

“I have not felt so secure within myself before, giving my situation of being in prison. The course is very beneficial for health. A lot of old aches and pains gone.

Before the course I was a bit miserable. Now I feel doubly secure and three times as capable and feel content.”

Wayne, New Zealand





BREATH WATER SOUND

“By the end of the course, I got to know 35 wonderful individuals who had not experienced for a moment in their childhood what it was to be without fear and many of them reported feeling calm and less stressed out. Some of the boys also pledged to stop sniffing glue (a dangerous toxic substance that is widely used by them to suppress their hunger.)

Namratta Shah,

Art of Living Teacher, Nairobi, Kenya,

(After teaching a Breath-Water-Sound workshop for street boys, in Kangemi Slums, Kenya from Oct. 4-8, 2005)

“I felt relieved from stress by doing this course. It slows me down and makes me relaxed. It got rid of all the tensions and negative feelings that I had. I felt good after doing the first session. It makes me aware of how important my body is and how to look after it.”

Etelei, New Zealand

I work in the Curundu area with high-risk youth. Because they are a pretty difficult group but through the programs of the project we have seen the change in them.... Some of the boys have always lived this system of violence, drug trafficking, the consumption of drugs and it is not easy. Suddenly, to live a normal life like what other people live –

The Art of Living has been a tremendous project. Something that has impacted the boys, in the way that you have worked with them and they truly reflect the attention that you have given to them. And all the rest of the young men are so content and motivated that I think that the Art of Living project has been good.

Pablo Zuniga, Coordinator,

Office of Social Security Development, Panam





“I feel that this is the most beautiful thing I have ever got in my life. There were a lot of blood clots in my leg. These things are gone. There is no pain anymore. I am so happy.”

Reena (Naikebula), Fiji

YLTP

“I was working as a technician after passing high school. Gradually I developed bad habits like chewing tobacco and drinking alcohol. I developed an introvert nature. I did the Youth Leadership Training Program and acquired leadership qualities. I started opening up, talking normally and confidently. I started doing seva and traveled to places like Rajasthan, Gujarat and Nepal conducting several Breath-Water-Sound Workshop and 5H activities. “

Nilesh Lad, 32 years,

Valsad, Gujarat, India

(He did outstanding work by facilitating the building of 24 houses for homeless people in Dang area of district Surat, Gujarat.)

“I was working as a driver after passing the tenth grade. Gradually I started consuming liquor, lacked confidence and became unemployed. Disheartened and helpless, he underwent the Art of Living Part I course and the Youth Leadership Program. I started regaining my confidence and thought of starting a business, which would provide employment for the unemployed people. With this objective, I started a “chikki” (confectionary) making industry with an investment of Rs.10, 000. Within a year, the firm grew and now employs twenty factory workers. The business now generates a profit of Rs. 20, 000 every month.”

Saneesh, 29 years, Kerala





NON-AGGRESSION PROGRAM

I can say that now Denis has more balanced character. He is more responsible in his studies now. I hope he will take the course once again because I am sure that with every course the result will be better. I want him to do asanas at home but the more time passes the more he forgets. I can also say that doing something good for others was a good lesson for children. Irina; mother of course participant, Ukraine

“I feel better and I will try not to get into fights, because now I have a technique and I have to use it. I can use it anywhere, I just need to close my eyes and breath.”

Educandário Santos Dumont, 16 years, Rio de Janeiro

I liked everything! The time passed quickly. I became more flexible and strong in spirit! I learned five keys. Everything we did on the course I have never done before. I liked it very much.

Dominika Zimokosova, 13 years, Ukraine

It is normal that parents ask who teach their children. We can say that these trainings are organized in Ukraine since four years. In Slavyansk the department of family, youth affairs and sport, support the trainings. Tatyana Derevyanko, head of the department of family, youth affairs and sport, Ukraine





TRAUMA RELIEF

It feels like breathing out all the stress of war and breathing in a new life.

Ahmed Hinoon, Iraq,

(describing his experience of the Art of Living workshop)

“I've noticed that each day, after completing the program the kids are happier, less restless and their minds are so much more settled. I have personally experienced the benefits of the Art of Living techniques and found it very helpful in clearing my mind.”

Dr. Reginald Shaw,

Director,

**Global Brotherhood of Light (GBL), Inc. Youth Ministries
(after Hurricane Katrina)**

Please thank those teachers for me. After doing the exercises, I feel my inside is freed. I feel so much more comfortable now.

A 14-year-old girl, survivor of Shifang school tragedy

(Sichuan earthquake survivor, May 2008)

“After attending just these few days of the course, I have now geared up to deal with any disaster with a smile. In fact, I boarded a local train to attend today's session. It was the first time since the blasts.”

Vishwas Rao, survivor, Mumbai train blasts (July 2006)





DE-ADDICTION

Earlier, I couldn't manage my life and used to smoke three packets of cigarettes a day. I used to walk but I didn't know where I was going. I found the residential course a challenge and have realized the importance of taking care of my body. Now, I can't even finish one or two cigarettes.

A former addict of multiple drugs, Bahrain

I started using alcohol and hashish at the age of 15, but it continued very quickly into amphetamine, ecstasy, Rohypnol and more. But now, I am happy to have dropped this habit. People think they will become happy if they get the nicest house and the coolest car. But happiness comes from within.

Marius

From my school life I started to experiment with various drugs and became an addict. I have abused drugs and alcohol for about 20 years. Due to my addiction, I lost many things such as family, friends, my job, money, talents, principles and values.

My addictive nature forced me to become an unsocial element in society and took me behind bars for five years. I was forced to live on the streets for over a year. Several times, I was treated for my problem, but I relapsed time and again. After my last detoxification, I came to Art of Living's VVM De-addiction Research Centre. After a month of stay at the centre, I was sent to participate in the Art of Living's Youth Leadership Training Program (YLTP). And that was the turning point in my life. This training helped me gain confidence in myself. I realized that previously, the cause of my relapse was spiritual bankruptcy. Today I am working for other individuals suffering from addiction and am generating awareness in society. Today I am lucky enough because gradually I am recovering the things that I had lost, apart from time.

Dipankar Guha, recovered addict





LIVING WELL

“Excellent comprehensive course enriched with basic knowledge of diabetes and hypertension which every patient should know.”

Dr Anuj Jaulkar, ENT specialist, India

“‘A stitch in time saves nine’ was my experience with the course. The knowledge of how blood pressure and diabetes effect not only body but also mind is an eye opener. We are given very precious knowledge to increase our awareness which leads to a better control on the disease. I am personally very much benefitted. I would recommend this course to all my friends who are suffering from the disease.”

Sudhir, Chattisgarh, India

“The course is very effective and my experience with this program is fantastic. Earlier my blood pressure was 150/90 but after the course it comes to a normal level. It gives me peace of mind.”

Sunil Lath, Devendra Nagar, India

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Sunil Lath, Devendra Nagar, India

“After the course I got detailed knowledge on blood pressure and sugar. I came to know how regular practice of yoga and Sudarshan Kriya can aid to controlling these diseases. I feel a new freshness and energy which positively affects my routine tasks. I will do this course one more time.

Sanjay Bajpayi, Raipur, India





HIV/AIDS

“Practice of the Art of Living techniques dissolves the side-effects of the medicines I take. It eliminates anxiety and nausea and gives me more energy,” shares a positive person,

Michael B

“I did the HIV course. The course gave me spiritual experiences beyond anything I can express in words. I have been living with HIV for about 15 years, and thanks to Sri Sri, I am fine and healthy.”

- David M

VEDIC MATHEMATICS

“Previously, I had an abject aversion towards Maths. But after doing this course, I seriously started loving the subject. Maths is now on my fingertips and solving problems does not scare me anymore.”

Namrata Sangham

“This course in Vedic Mathematics was an eye-opener for me. I came to know the real power of how complex calculations can be done mentally. It is really beneficial as it helps solve problems in a jiffy. It is an applied knowledge which can be learnt, in order to crack highly competitive examinations such as the CAT and JEE.”

Ankur Aggarwal, MBA aspirant





VASTU SHASTRA

“For me, this course has been a mind-blowing experience. It has given us the keys to understanding the universe. I have also got some valuable knowledge/tools I am looking forward to using in my profession.”

Peter Gamborg,

Architect, Denmark

“Vaastu Shastra opened to me a whole new world and the mysterious connections of every single thing in this world. It was such a wonderful opportunity to get this ancient knowledge.”

Elena Dolgoplova,

Reiki Master, Uzbekistan

“Vaastu course is a beautifully designed course, useful and a must for all human beings to understand the relation of oneself with the surrounding nature and one's place of stay.”

Pramod Kumar Tibrewal,

Businessman, India





AYURVEDIC COOKING

“Initially, I found food cooked in the Ayurvedic style boring. But I was amazed to find that we can make delicious recipes without oil, sugar and spice.

“On the third day of the course, my body started feeling good and light. My skin became more radiant as I was eating what was right and healthy for me. It is incredible just to see what difference the right kind of food can have on your mind and body.”

Kirtida Bhana, South Africa

“I was a patient of constipation, irritable bowel syndrome and backache. After doing the Sudarshan Kriya, my life has changed and after doing the Ayurvedic cooking course my health has improved very much within six days . We were taught how to adopt methods of cooking while staying in harmony with our constitution.

Gautam Khurana, Punjab, India

“The course gave me a full explanation about the use of fresh and raw vegetables and fruits, the time of eating and how much to eat. Cooking to me was a complex process involving different spices with different oils and keeping an eye on the clock for pressure cooking. I found that eating fresh or steamed cooking is nourishing and definitely faster than our everyday cooking. I got the true flavor of ingredients. Definitely this course is not only to know cooking but very useful in knowing – why we should eat food and its importance in leading a healthy and glowing life.”

Prem Kumar, India

The Ayurvedic cooking course is a very exciting experience for me as I never cooked before. This course is a good mixture of theoretical and practical approach. We all attended a counseling session in which we came to know our tridosha type and learnt how to change habits for a better future. This course is a new dimension for my life.

Umesh Jain, India

