



SUDARSHAN KRIYA is a rhythmical breathing technique which utilizes certain natural rhythms of the breath to energize the mind and provide quick stress relief.

Sudarshan Kriya incorporates specific natural rhythms of the breath which harmonizes the rhythm of the body, mind, and emotions and brings them in tune with the rhythm of nature. Thereby, eliminating stress, fatigue, and negative emotions such as anger, frustration, and depression; leaving you calm yet energized, focused yet relaxed.

Emotions affect the breathing pattern. For example, when you are:

- **Angry:** Your breath comes in short, quick cycles.
- **Sad or upset:** Your breath comes in long and deep cycles.

Breath is the link between the body and the mind. Once we understand this connect, we can bring about changes in our mental and behavioral patterns by consciously altering the rhythms of our breath. You can use the breath as an effective and quick stress relief technique to flush out stress, anger, anxiety, depression, and worry; leaving the mind completely relaxed and energized. With Sudarshan Kriya, you can experience the power of breath and understand the link between the body and the mind.

Since 1982, millions of people from all walks of life have been touched by the healing power of the Sudarshan Kriya. Villagers, corporate employees, housewives, teenagers, trauma victims, soldiers, leaders in business and government, prisoners, factory workers, university students, and everyone in between, across all continents, all bear testimony to the numerous and varied benefits of this powerful breathing technique.

Regular practice of Sudarshan Kriya benefits physical and mental health:

- Reduces stress
- More vitality and energy
- Strengthens immune system
- Reduces cholesterol levels
- Greater creativity and clarity of mind
- Improves sleep and enhances brain function
- Improves ability to manage challenging situations
- Improves patience
- Increases confidence and self-esteem
- Relief from anxiety and depression (mild, moderate, and severe)

