



H.H. Sri Sri Ravi Shankar,
Founder of The Art of Living

A Lifetime of Possibilities

LEARN PRACTICES FOR A LIFETIME

It's just a few hours, but the possibilities are endless. You can take home practices for your life - practical tools to release stress and deal calmly with even the most difficult of situations.

Be The Best You

PRACTICAL TOOLS FOR BETTER LIVING

Learn a mix of yoga, Sudarshan Kriya (a special breathing technique) and meditation that raises the quality of your life - not just in terms of money and health, but in terms of contentment, connection and kindness.



HAPPINESS PROGRAM

Date and time:

12-14 January, 2018

Fri 6.00 - 9.30 PM

Sat-Sun 9.30 AM - 1.00 PM

Venue:

Budapest 5th district
Falk Miksa u. 19. 2/3.

Registration:

06 30 932 9814

artoflivinghun@gmail.com

Connect From the Heart

FORM DEEPER RELATIONSHIPS

This program is about connection in action - harmonising your body, breath and mind, and connecting with yourself and others at a deeper level.

