

# Mind, Meditation & Happiness

## An Introduction to Art of Living Happiness Program

Neither at school nor at home have we been taught how to handle negative emotions. How to handle our mind, How to be in Present moment!  
Breath- which is a connecting link between outer world of activity and inner world of silence - has lot of secrets to offer. We invite you to discover and experience the secrets of Breath and how to live the full potential of life! No Breath.... No Life; Know Breath..Know Life :-)  
Everyone wants to be happy and yet how much of our time is spent chasing happiness versus being happy. What stops us from being able to sustain our happiness, to have long term happiness? Join us for an introduction to the Art of Living Foundation's workshop to help give people around the world the tools and knowledge to sustain their happiness and help create a one world family. We will explore the relationship amongst the body, breath and mind and learn some practical tools and wisdom that can be implemented on a daily basis. Participants will be able to discover and experience the secrets of breath and how to live the full potential of life.



- Understanding the nature of the mind
- Relaxing Breathing Techniques
- Guided Meditation
- Introduction to the Happiness Course and Sudarshan Kriya

This is a free event.

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sattvic space