

## Contacts for further information:

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### Centre

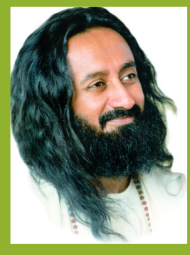
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Weekly classes are offered in different regions of Mauritius for participants who have followed the various courses outlined in this brochure.



## About the ART OF LIVING



Founded in 1981 by His Holiness Sri Sri Ravi Shankar, the ART OF LIVING FOUNDATION is one of the world's largest not-for-profit, educational and humanitarian non-governmental organisations engaged in stress-management and service initiatives. The organisation operates in 150 countries. The Foundation is active in Mauritius since 1995, and in 2002, the Art of Living centre in Mauritius was the fourth to be set up in the world; it was inaugurated by Sri Sri Ravi Shankar.

Born in 1956 in Southern India, Sri Sri Ravi Shankar is a humanitarian leader, spiritual teacher and ambassador of peace. His vision of a stress-free society has united millions of people over the world through service projects and especially designed courses that teach effective and practical techniques for emotional and physical well-being.

### USEFUL LINKS

Visit our website: [www.artofliving.org](http://www.artofliving.org)

And watch and be inspired with:  
[www.youtube.com/artoflivingtv](http://www.youtube.com/artoflivingtv)

**The ART OF LIVING FOUNDATION (Mauritius)**  
Art of Living Centre, Wootun, Curepipe



Making Life A Celebration

*The Healing Breath Workshop*

## The Art of Living Courses

### Art of Breathing (Part 1) - For Adults

In this increasingly fast-paced world, this course combines practical wisdom with powerful breathing techniques that cleanse the system of emotional and physical stresses and impurities, and help rekindle positive vibrations within and around us.

### Sri Sri Yoga - For Adults

Recharge, strengthen, and awaken your true potential with Sri Sri Yoga. A beautiful blend of yoga postures, breathing techniques, meditation and yogic wisdom, Sri Sri Yoga offers participants a holistic approach to attend to the body, mind, and spirit for holistic health.

### Know Your Child (KYC) - For parents of children between 2-12 years, and teachers of pre-primary and primary schools

KYC is designed to equip parents with the knowledge to understand their children better and help them blossom to their full potential. The workshop also nurtures the beauty of the relationship between parents and children as the child grows into teenage and adulthood.



*Relax*

## The Art of Living Courses

### All Round Training in Excellence (ART Excel) - For 8 to 13 years

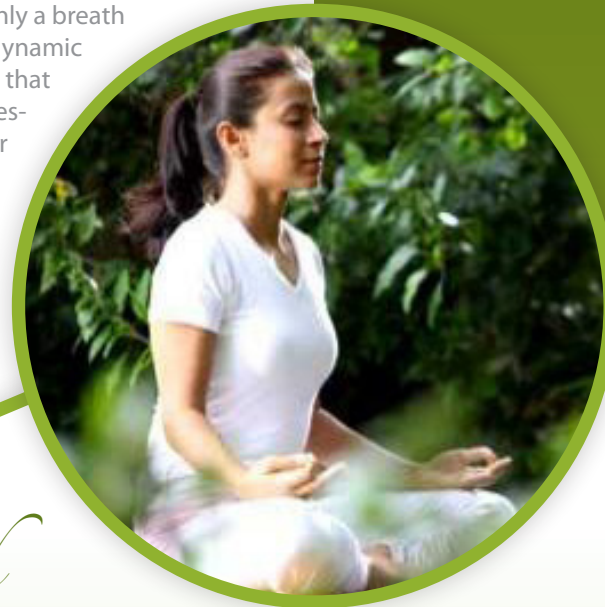
In order to be successful in life, children need, not only academic skills, but also life skills, and this is where ART Excel comes in. Presented in a practical and fun format, it appeals to children of all backgrounds. ART Excel enables children to attain their natural potential.

### Youth Empowerment Seminar (YES!) - For 14 to 17 years

An innovative and challenging course packed with games and processes, it empowers youth with tools to remove inner barriers. Learn the art of making friends, the secret of popularity and personal responsibility, and the value of self-less service.

### Youth Empowerment & Skills Workshop (YES!+) - For 18 to 30 years

Focus, confidence, and energy are only a breath away! YES!+ is an innovative and dynamic educational and life-skills program that provides young students and professionals the tools to achieve their highest potential with ease, creativity, energy and helping them drop inhibitions.



*Refresh*

*Rejuvenate*

## The Art of Living Courses

### Art of Silence (Part 2) - For Graduates of Part 1 and/or YES!+

Come recharge your batteries in an Art of Silence course. If you have benefitted from Part 1 and YES!+, and wish to experience a deeper state of inner silence, Part 2 is the course for you. It is an invitation to dive deep into the Self and enjoy a perfect vacation for mind, body, and spirit.

### Eternity Process - For Graduates of Part 1 and/or YES!+

A three-hour regression therapy that helps to heal deep impressions of past lifetimes. This beautiful process enables one to be more in the present moment and therefore, to celebrate each moment of life.