

*Making Life A Celebration*



THE ART OF  
LIVING

*“There is a  
great secret  
in the Breath.”*

*You have an inbuilt ability  
to calm the mind,  
heal the body,  
and energise the whole  
system in minutes.*

Sri Sri Ravi Shankar  
Founder of the Art of Living

**Information**

For courses and programs in your area,  
visit our website or phone 0508 ArtOfLiving



Info: 0508 ArtOfLiving  
[www.artofliving.org.nz](http://www.artofliving.org.nz)

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