The Sudarshan Kriya
E X P E R I E N C E the Art of Living Course

HEALTH
ENERGY
HAPPINESS...
Only a breath away!

Apr 29 – May 4

Learn the Sudarshan Kriya,™ a rhythmic breathing-meditation technique offered only through the Art of Living course!

What does the Sudarshan Kriya do?
► Reduces stress
► Increases energy
► Enhances brain function
► Relieves depression & anxiety

"People worldwide are turning to the intensive Art of Living course, lowering stress and finding renewed vigor and clarity" – CBS NEWS

Location: Albuquerque NE Heights (Antares & Academy NE)
Five-session course: M-F: 6:30p-9:30p, Sat & Sun: 10am-2pm
Contact 505-8562640, 972-2590159, anaeebeeche@yahoo.com

Register Today: secure.artofliving.org
(Reduced fees: $250. $25 off before Apr23rd. Pls contact if financial issues.)