



APRIL EMPOWERING COURSES **FOR THE FAMILY!**

By popular request - Art of Living offers **3 courses for all ages conveniently at the same time and place.** Together experience techniques and processes that help manage the mind and emotions to allow full participation in life.

1) ART EXCEL -'ALL ROUND TRAINING IN EXCELLENCE' AGE 8-13

Provides training in all aspects of life – physically, mentally and emotionally. Directs enthusiasm and creativity inherent to this age.

Through fun games, group interaction, service, yoga, meditation, drama, singing and laughter, kids learn to become more self-expressive and develop a sense of belongingness with diverse groups of people.

With the aid of specific breathing technique, participants can eliminate fear, anxiety, depression and other negative emotions and enhances creative skills, confidence, development of leadership qualities, healthy emotions, improved health, improvement of memory and concentration.

Schedule: April 6-9 9:00am-1:30 Daily
Course Contribution: 2,000

VENUE AND REGISTRATION

Venue: 718 Bumatay Street, Mandaluyong City. Call 535 4397 for directions

Step 1: Deposit to Banco De Oro - S/A # 043-014-7929
Acc Name: "Art of Living Philippines"

Step 2: E-mail (info@artofliving.org.ph) the following:

1. Name
2. Cell & Land line no.
3. Chosen course Dates/Time
4. Scanned deposit slip.

Slots are limited – First Come First Served basis
**Concessions Available for Students, Senior Citizens,
Full-time Public School Teachers, NGO Staff**

CONTACT:

0917-857-9898 or info@artofliving.org.ph



2) Y.E.S.! YOUTH EMPOWERMENT SEMINAR AGE 14-18

Through guided interactive processes, games, yoga, and a powerful breathing technique, participants learn laws of the body mind and intellect and learn ways to enhance productivity and learning. Benefits include:

- Increase learning ability, focus, confidence, commitment, maintains calmness of mind
- Discharge stress and negative emotions
- Opens the innovative and dynamic mind to fearlessly handle challenges, changes and responsibility
- Transform relationships at school and private life
- Stimulates the intellect, triggers the mind and stretches the body
- Increases physical energy through greater overall balance in the system

Schedule: April 6 - 10 9:00am-1:00 Daily
Course Contribution: 2,500

3) THE ART OF LIVING PART 1 COURSE

THE key to greater success, better health and peace of mind is by reducing **stress**.

Stress obstructs our full participation in life. The mind clings on to anger, guilt and regrets about the past, or anxiety about the future. This wavering mind creates tension and stress both for ourselves and for people around us.

This course gives powerful tools to deal with stress through our mind and negative emotions.

Schedule: Apr 5-10 Mon-Fri 9:30am-12:30 Sat. 9am-3pm
Course Contribution: 3,500