

ART OF LIVING

The Art of Silence (The Part II Course)

All the staff members and students of this university who are interested and have completed Part – I Course of “Art of Living” are informed to join Part – II Course (The Art of Silence), whose detailed information is given as under. This advance course is very useful in our day to day routine life; hence all are requested to use this opportunity by joining the course.

Thanking You.

Director Students' Welfare

Information Regarding Course

Start: 25/10/2012 (24 th Evening Reporting)	Venue: SRI SRI GUJARAT ASHRAM
End: 28/10/2012	Phone: 9825595475
Organizer: Ashram Team	Address: Gujarat Ashram, Vasad -Anklawadi, GUJARAT, India
Fees: 3000/-	Website: www.artofliving.org
Prerequisite: The Art Of Living Part I Course (Art of Breathing)	www.srisrigujaratashram.org
	Email: info@srisrigujaratashram.org

The Art of Living Course Offers

The Art of Silence Course provides optimal conditions for going deep within, quieting our mental chatter, and experiencing deep rest and inner peace. The practice of silence - of consciously withdrawing our energy and attention from outer distractions - has been used in different traditions throughout time as a pathway to physical, mental, and spiritual renewal. By participating in various course processes specifically designed to take us beyond our usually active “monkey minds”, we experience an extraordinary sense of peace and renewed energy that we carry home with us.



The course features:

- Rejuvenating yoga
- Two to three days of guided silence practice
- Unique guided meditations designed by Sri Sri Ravi Shankar
- Advanced breathing techniques which can also be practiced at home after the course
- Advanced insight on the laws governing our mind and emotions the course is typically held as a residential retreat in a place of natural beauty and tranquility. It's no wonder that many course participants refer to it as the ideal vacation for body, mind, and spirit.