The Art of Living Course
stress management and personality development workshop

Find Greater Peace, Energy and Joy

Workshop schedule:
Weekdays 6:30 pm – 9:30 pm
Sat 10:00 am – 2:30 pm
Sun 12.30 pm – 4.30 pm

Scientific studies suggest connections between body and the mind, implying that emotional state and thought processes affect brain, endocrine system and the immune system.

All days must be attended

For more information and to register, contact:
Sushma@uh.edu
(713) 240-2429
http://www.uh.edu/artoflivingclub

What will I learn from the course?

- **Natural principles of effective living** Learn tools that eliminate counter-productive activity and enhance learning ability.
- **Interpersonal Processes** Interactive processes to improve interpersonal relationships, attitude, outlook and foster team spirit.
- **Innovative breathing techniques** Revitalizing breathing techniques that increase energy and deeply relax and recharge the body and mind.

Limited Scholarships Available
Register soon

Independent Research Findings

- Reduced Cortisol (the “Stress hormone”)
- Relieves Depression and Anxiety
- Restores Normal Sleep Patterns
- Increases EEG Alpha and Prolactin (the “Well Being Hormone”)

Peace of mind is just a breath away