



THE ART OF LIVING

The Art of Living is an educational and humanitarian movement engaged in stress-management and service initiatives. The organization operates globally in 155 countries and has touched the lives of over 370 million people.

The Art of Living Foundation is an international NGO in special consultative status with the Economic and Social Council of the United Nations which has spread peace across communities through diverse humanitarian projects, including conflict resolution, disaster relief, sustainable rural development, empowerment of women, education for all, and environmental sustainability.

The Art of Living Jordan Association would like to offer parents of the Modern Montessori School the opportunity to experience its programmes on school premises. These programmes provide valuable skills that enable individuals to handle stress and negative emotions in positive ways.

The Happiness Programme – this programme is offered to MMS parents & staff



Fees: JD100 per person

The Happiness Programme is a personal programme which combines breathing techniques, meditation, knowledge about the mind and how to manage negativity, as well as other interactive processes with ease and success in a stressful world. This course features Sudarshan Kriya™, a breathing technique that uses specific rhythms of breath to detoxify every cell of the body and infuse it with energy. These unique breathing techniques in the stress management workshops eliminate fatigue and negative emotions, leaving you calm yet energized, focused yet relaxed. The workshop is designed to strengthen the individual through practical tools and life skills in order to manage stress and emotions, improve performance, increase job satisfaction, and support well-being. When implemented within educational institutes, it becomes a powerful tool uplifting morale, engendering connectedness, and fostering open, dynamic teamwork and communication.

Upon completion of the Happiness Programme, participants learn how to incorporate Sudarshan Kriya and other breathing techniques into their daily lives. Course participants report that with regular practice (15-20 minutes a day), there is a vast improvement in energy levels, greater ease in interpersonal relationships, increased ability to work under pressure, greater joy, as well as enhanced creativity and mental clarity.

THE BREATH

According to the science of breath, 80 to 90 percent of the toxins from the body are eliminated through the breath. The average individual uses only 35 percent of their lung capacity. A greater understanding and skillful use of breathing techniques can transform one's mental and emotional state and significantly improve the overall quality of one's life.

THE MIND

A stressed mind tends to swing between future events and past actions – either in worry, anxiety, or regret. This constant vacillation creates unrest and unease in the mind and body. The Happiness Programme provides the individual with concrete tools and relaxation techniques that enable one to reduce the effects of stress on the system and function more fully in the present moment, with dynamism, peace, and joy.

WHY IS THIS IMPORTANT?

As the name of the programme suggests, it is all about "**Happiness**". The programme gives you both the practical tools and the personal experience to live your life happily (and this includes tools to be healthy, happy, peaceful, caring and a responsible person, as all these are requirements to be truly happy).

With so much of stress and pressure in the world faced by all of us today, doing a few **breathing** techniques along with **yoga and meditation** to calm your mind is something which we all need. **Art of living happiness programme** focuses on physical, emotional, mental and spiritual development.

In the end whatever we do in life we want peace and happiness and that's what exactly the programme offer. Yes, it is **worth** doing it. Lots of research has been done recently, showing the great impact of Sudarshan krya on the rejuvenation of the brain cells.

By equipping individuals whether in the working force or stay at home parents with techniques to manage their own stress and emotions, we can transform many daily life experiences into more relaxed joyful ones.

COMPONENTS

The workshop is customized to suit the specific needs of individuals with the guarantee of an unshakable smile. The course includes the following components:

- Interactive processes that improve communication skills, interpersonal relationships, and foster team spirit.
- Practical knowledge and life skills to eliminate counterproductive activity and enhance leadership ability.
- Revitalizing breathing techniques that increase energy and deeply relax and recharge body and mind
- Easily learned tension-releasing physical stretches and exercises
- It is a combination of everything you want in life.

TESTIMONIALS

Participants report that the workshop improves work-life balance, fosters greater ethics and integrity, boosts team morale and promotes a positive attitude that supports a healthy learning environment.

WHAT PARTICIPANTS AND EDUCATORS SAY

“It is an unforgettable experience. When one starts meditating so many restless thoughts can rise up in their mind and many of them have been for long time stuck in the sub-consciousness. This is an opportunity to start observing oneself from aside and to get free from overwhelming emotions. The result is a cool mind and the ability to take prompt and right decisions. Memory gets better and enthusiasm dawns”.....**Diana Petkova**....., social scientist, lecturer, researcher, author, and meditator

‘I can tell you something about the benefits of happiness programme. The happiness programme name itself says what is hidden in the programme, that is because of the unique technique SUDARSHAN KRIYA first made to do and then taught to do at home. SUDARSHAN KRIYA in itself is a detoxification process which removes the all types of mental blockages from your body and makes you free of all negative feelings and thoughts. After this process you feel very happy and positive towards everything in the world. Happiness programme also teaches you basic level yoga, pranayama, food eating habits, knowledge of how to live your life and much more. It is a combination of everything you want from life. If you tell me to talk on happiness programme I can talk for hours and still many things will be left over and still if you experience it there would be something which I would have left over...so the best way is to just hop in one programme and experience it’....**Rajesh Sali**.... Faculty at Art of Living.

FORMAT

The Happiness Programme can be taught in Arabic or English over three to five consecutive days for a total of 12 to 15 hours with each session lasting three to four hours for a minimum of 10 and a maximum of 20 participants per workshop.



Parents/Staff Registration Form

Please note that this course is served on a on a first-come, first-served basis

I, _____, would like to register in “**THE ART OF LIVING – The Happiness Programme**” course starting from **Sunday, March 1, 2020 till Wednesday, March 4, 2020.**

Name: _____

Signature: _____ Date: _____