

## About The Art of Living

### *An overview*

The Art of Living Foundation was founded in 1981 by the renowned peace ambassador Gurudev Sri Sri Ravi Shankar. The organization operates in 180 countries and has touched the lives of estimated over 500 million people. It is one of the largest independent, humanitarian non-governmental organizations (NGOs) in the world. The Art of Living holds a special consultative status with the Economic and Social Council (ECOSOC) of the United Nations (UN), and is active in numerous other international bodies and committees in the areas of health, education and sustainable development.

The priorities include aid projects in developing countries, trauma and stress management in crisis areas and rehabilitation programs for victims of violence and prison inmates. In addition, yoga and meditation programs are offered. A key component is the Sudarshan Kriya™, a health- promoting breathing technique.

The programs are guided by Gurudev Sri Sri Ravi Shankar's philosophy of peace: "Unless we have a stress-free mind and a violence-free society, we cannot achieve world peace."

To help individuals get rid of stress and experience inner peace, The Art of Living offers stress- relief programs such as The Art of Living Meditation & Breath Workshop, Sahaj Samadhi Meditation, The Art of Silence and further customized programs for different target groups such as for companies, victims of natural disasters, prison inmates, drug addicts and youth, which include breathing techniques, meditation and yoga.

These programs have helped millions around the world to overcome stress, depression and violent tendencies. Appealing not only to a specific population, these practices have proven effective globally and at all levels of society. From the European Parliament to Capitol Hill in the USA to the UNESCO headquarters in Paris, The Art of Living's approach of presenting these techniques away from dogmatic beliefs has helped in taking yoga and meditation to people of all class, creeds, and religions, presenting their individual and societal benefits.

Through diverse humanitarian projects, including conflict resolution, disaster relief, sustainable rural development, empowerment of women, prisoner rehabilitation, education for all, and environmental sustainability, The Art of Living has spread peace across communities.

Numerous peace initiatives, care for the environment, empowering communities and individuals and fostering intercultural and interfaith harmony have been some of the greatest areas of activity for the organization over the past 43 years.

For further information visit [www.artofliving.org](http://www.artofliving.org) .

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