

# Online Workshop on “Beyond Breath”

by



**Sunday, 10<sup>th</sup> May, 2020**  
**From 5 p.m. – 6p.m.**

**JOIN THIS VIRTUAL FACE-TO-FACE WORKSHOP WITH A CERTIFIED ART OF LIVING BREATH AND MEDITATION TRAINER AND EXPERIENCE:**

- A calming breathing technique to quiet and relax the mind preparing it for deeper meditation.
- A real experience of meditation to effortlessly cut the vicious cycle of thoughts, leaving your mind focused, clear & stress free
- Secret keys to manage your mind in times of global distress- and how you can use this time to slow down and become more centered.
- The power of connecting to positive, like-minded people to feel uplifted and supported.
- An introduction to the Sudarshan Kriya® breathing technique through video clip.

**Please Note- Participant should be empty stomach while joining the workshop. Hence no munching after lunch at 1.00 p.m.**

[Click Here to Register!!](#)

**ZOOM ID will be shared post registration**

[RSVP- hansraj.sarma@acma.in](mailto:hansraj.sarma@acma.in)