



ABOUT ART OF LIVING

The Art of Living Foundation, founded in 1981 by Gurudev Sri Sri Ravi Shankar, is one of the largest humanitarian NGOs worldwide. It focuses on programs involving yoga, meditation, and breathing techniques, as well as aid projects in developing countries, trauma and stress relief in crisis areas, and reintegration programs for victims of violence and prison inmates.

At our European Art of Living Retreat Center, located in the beautiful mountain nature of the Black Forest, you can choose from a variety of courses and various Ayurvedic treatments.



DETAILS & REGISTRATION

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coloursofjoy.de



Art of Living Retreat Center
Bad Antogast 1, 77728 Oppenau



Breathwork, Meditation,
Yoga & Fun Activities

COLORS OF JOY 2024

SUMMER FAMILY FUN

Courses for the whole family

July 29 - August 4

in the Art of Living Retreat
Center in the Black Forest





Spend an unforgettable time full of harmony, fun, and relaxation in the heart of the Black Forest. In addition to the diverse course program, you can look forward to evenings filled with music and togetherness, a variety of outdoor activities for the whole family, and delicious vegetarian meals.

COURSES FOR CHILDREN & YOUTH

ART Excel (8-12 years)

This playful program teaches effective techniques and tools from yoga, meditation, and breathwork to reduce stress and negative emotions, while boosting self-esteem and concentration.

YES! (13-17 years)

You'll learn a range of effective tools that will help you master life's challenges with ease. You'll release stress and gain greater self-confidence and resilience.



YES!2 (13-17 years)

YES!2 is a powerful combination of dynamic yoga, interactive group processes, and deep meditation for YES! course graduates. Experience the secret of silence and the power of dynamism while learning new effective techniques.

Intuition Process (5-17 years)

The Intuition Process teaches powerful techniques that enable participants to utilize, cultivate, and sustain their innate intuitive abilities. This strengthens concentration, intelligence, decision-making skills, communication, creativity, and self-confidence, bringing hidden talents to the surface.

COURSES FOR ADULTS

Art of Living Part 1

Learn the unique and powerful breathing meditation technique Sudarshan Kriya®, experience soothing yoga, and discover wisdom and tools to master the challenges of everyday life with inner peace, joy, and energy. The practices learned in the course can be applied independently on a daily basis.

Sahaj Samadhi Meditation

Sahaj means easy, effortless, and Samadhi is a state of deep meditation. Sahaj Samadhi allows you to reach a deep state of meditation without effort. You gain a daily practice that can be easily integrated into any schedule and lifestyle.

Sri Sri Yoga Level 1

Sri Sri Yoga is a holistic form of yoga that brings body, breath, mind, and soul into harmony. It enhances physical health, including the circulatory system, immune system, organs, as well as muscles and bones. At the same time, it leads to mental and physical ease and flexibility.

