



Get Happy

US Tour 2016 with
Sri Sri Ravi Shankar

One of the world's largest volunteer based non-profits, the Art of Living foundation is dedicated to creating a stress free, violence free society.

Media Kit

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Art of Living Foundation

Operating in over 150 countries, The Art of Living Foundation (AOLF) is a non-profit, educational and humanitarian organization founded in 1981 by the world-renown philanthropist and spiritual leader Sri Sri Ravi Shankar. All of AOLF's programs are guided by Sri Sri's philosophy: "Unless we have a stress-free mind and a violence-free society, we cannot achieve world peace." The AOLF community is diverse and attracts people from all walks of life backgrounds and religious orientations.

AOLF offers numerous highly effective educational and self-development programs and tools that facilitate the elimination of stress and foster deep and profound inner peace, happiness and well-being for all individuals. These programs, which include breathing techniques, meditation, yoga, and practical wisdom for daily living, have helped millions around the world to completely transform their lives.

In addition to these courses offered globally, AOLF, working in collaboration with The International Association for Human Values (IAHV), has successfully implemented numerous humanitarian projects and service initiatives including conflict resolution programs, disaster relief, sustainable rural development, empowerment of women, prisoner rehabilitation, education for all, and environmental sustainability.

It has been said of Sri Sri Ravi Shankar that not since Mahatma Gandhi has one person united so many people of different races, religions, traditions, economic and social status, and nationalities, creating a One World spiritual family across the globe. Sri Sri's message is simple: "Love and wisdom can prevail over hatred and violence." Happily this message is not just a slogan but through the activities of the foundation it has been and continues to be translated into action and results.

"A disease-free body, quiver-free
breath, stress-free mind,
inhibition-free intellect,
obsession-free memory, ego that
includes all, and soul which is
free from sorrow is the birthright
of every human being."

-Sri Sri Ravi Shankar

About the Founder

Sri Sri Ravi Shankar is an international humanitarian leader and a spiritual master who is the global rallying voice of this generation's collective call for peace.

"Behind every event, there is knowledge. Behind every person, there is love. Behind every object, there is infinity."

Sri Sri Ravi Shankar at World Culture Festival 2016



Named one of the "Seven Most Powerful People in India," by Forbes, his world-renowned meditation techniques helped end the 60 year conflict in Colombia. He has been credited in bringing opposing parties together to facilitate meditation and peace talks in Iraq, Cote d'Ivoire and India.

Founder of the Art of Living Foundation and International Association for Human Values, Sri Sri is leading the way toward peace and tolerance through meditation and humanitarian efforts. Over 35 years, his programs and initiatives have touched the lives of over 370 million people in over 150 countries.

"Sudarshan Kriya," the meditation technique introduced by Sri Sri is backed by research and implemented in schools, corporations, prisons, refugee camps and retreat centers around the world. As a spiritual teacher, Sri Sri rekindled traditions of yoga and meditation that have helped millions of people achieve personal and social transformation by relieving stress and discovering inner peace in daily life.

Sri Sri's mission is to show the world that through achieving inner peace, we will be able to see our human interconnectedness and become a One World Family.

Impact Statement

Inspired by Sri Sri, International Association of Human Values (IAHV) has done remarkable work around the world. Below is a partial list of exemplary initiatives that have touched the United States in recent past.

Project Welcome Home Troops

Project Welcome Home Troops aims to address the intense distress some returning veterans experience. Many of these brave men and women have been repeatedly exposed to traumatic events and life-threatening situations on multiple deployments to combat zones

See more at: <http://www.projectwelcomehometroops.org>

WORKING TO IMPROVE THE LIVES OF VETERANS – PROJECT WELCOME HOME TROOPS

The human brain is one of the most resilient and sophisticated pieces of matter in the universe. Countless stories in history of individuals overcoming some of the most extreme hardships are the result of a resilient brain. Project Welcome Home Troops is working to improve the quality of life for thousands of veterans in America through their resilience-building program.

http://www.huffingtonpost.com/robert-piper/veterans-ptsd_b_2956316.html

WHY THIS CONGRESSMAN IS FIGHTING TO BRING MINDFULNESS TO VETERANS

“[Mindfulness] is really helping people, and it’s time for us to not be afraid of doing it because we don’t know a lot about it,” said Ryan. “It’s time for legislators to learn about it because it’s hitting all the buttons — it’s helping the veterans, it’s low-cost, it’s low-tech, and there aren’t any side effects ... If that doesn’t cross partisan lines, I don’t know what’s going to.” Congressman Ryan is a supporter of PWHT and the article features PWHT teacher and Veteran, Travis Leanna.

http://www.huffingtonpost.com/2014/03/13/why-this-congressman-is-f_n_4866620.html

ONE 'OM' AT A TIME, VETERANS BEATING PTSD

Article on Veterans with PTS, their experience post-deployment and benefits from taking the Power Breath Meditation course and how it has helped them heal. Featured in the front page photo is Tom Voss, National Veteran Liaison for PWHT.

<http://www.expressnews.com/news/local/military/article/One-om-at-a-time-veterans-beat-PTSD-with-6445261.php>

YES Plus

YES Plus programs teach students to thrive in life and lead with clarity of mind, resilience, purpose and belongingness.

See more at: <http://us.yesplus.org>

YES PLUS PROGRAM GIVES MIT STUDENTS RELIEF FROM STRESS AND OVERWHELMING WORKLOADS THROUGH DAILY BREATHING AND MEDITATION PRACTICES

The YES plus Program, a meditation, wellness and leadership program of the Art of Living Foundation, is designed specifically for the needs, mindsets and goals of university students. Hundreds of students at MIT now participate in it through weekly sessions as well as more in-depth 5-day YES plus retreats, and find great relief from stress, much better balance in mental and physical well-being, greater ability to connect with those around them, and discover their personal capacity and deeper purpose.

http://m.huffpost.com/us/entry/college-meditation-yesplus_us_56dcfb12e4b03a4056790a27

YES PLUS OFFERED FOR ACADEMIC CREDIT AT JOHNS HOPKINS UNIVERSITY

Delivered as a 2-credit, 30 hour program, titled YES Plus: The Practice of Happiness & Leadership, 50 undergraduate students learned the Yes Plus curriculum along with the Sudarshan Kriya, through the Department of Brain Sciences and Psychology at Hopkins. The students also conducted 8 service projects that included increasing awareness and enrollment of student tutoring, advocacy and a call to action for underrepresented staff at Hopkins, and an on online student-run wellness resource that is still actively managed and utilized.

YES PLUS HAS STUDENT CLUBS AND PROGRAMS IN 40 UNIVERSITIES IN THE USA; AIMED AT TEACHING SUSTAINABLE HAPPINESS, MEDITATION AND SOCIAL CONNECTION FROM THE GROUND UP

The YES Plus Program is bringing meditation-based wellness and leadership programs to university campuses in the most unique way: training students to become expert meditators, meditation facilitators and peer mentors themselves. Empowered students host and lead weekly meditation, yoga, and interactive social and leadership sessions expertly for other students, all over their campus. YES Plus clubs are thriving and are often the most active or largest wellness club on the campus.

http://m.huffpost.com/us/entry/college-meditation-yesplus_us_56dcfb12e4b03a4056790a27

TLEX

TLEX offers experiential and fun learning and integrated frameworks so employees can perform under high complexity and demand with greater collaboration and innovation. TLEX has facilitated trainings and talks to nearly 30,000 employees, with over 200 organizational clients in 30 countries across the globe.

See more at: <http://tlexinstitute.com>

TLEX has tailored programs for Corporations, Governments, Business Schools, and Sports Teams.

A partial list of organizations impacted by TLEX:

American Express
Accenture
BCG
Capital One
Coca Cola
GE Healthcare
Microsoft
The World Bank
Wharton
World Health Organization

YES! for Schools

YES! for Schools is dedicated to providing youth with a healthy body, a healthy mind and a healthy lifestyle. The curriculum includes stretching and exercise, targeted breathing techniques, life skills in conflict resolution, and life lessons on human values such as responsibility, respect, friendliness, kindness and cooperation.

See more at: <http://www.youthempowermentseminar.org>

YES! PROGRAM REDUCES TEENS' IMPULSIVE BEHAVIOR

Teaching teens techniques to promote a healthy body, mind, and lifestyle.

[Psychology Today]

STUDENTS NO LONGER WAITING TO EXHALE

National program to bring breathing, meditation to Gunn freshmen next year.
[Palo Alto Online]

FROM PET THERAPY TO YOGA, SCHOOLS ADDRESS KIDS' STRESS

From deep breathing exercises to flexible schedules and even recess at the high school level, schools are instituting programs to help students better handle their stressful lives.
[USA Today]

Prison Smart

Prison SMART (Stress Management and Rehabilitation Training) teaches prisoners how to manage their stress, aggression, and trauma, building a foundation for a new life.

SILENCE BEHIND BARS: RETREAT HELPS HOMESTEAD INMATES DEFUSE ANGER

Three-day silent retreat at Homestead Correctional Institution helps inmates deal with anger.

<http://www.miamiherald.com/news/local/community/miami-dade/homestead/article49818475.html>

THE FEDERAL GOVERNMENT REGISTERS PRISON SMART AS AN APPROVED PROGRAM OF THE BOP IN 2015 WHEN PRISON S.M.A.R.T. BECAME A 'REGISTERED PROGRAM' IN THE U.S. FEDERAL BUREAU OF PRISONS (BOP) INMATE MODEL PROGRAMS CATALOG.

SMART taught its largest group of only Victims of crime to date, in coordination with the San Francisco-based "Survivor Restoration" program. The San Francisco Sheriff's Department newsletter featured the program in October 2015.

The San Francisco Sheriff Department awards Prison SMART its prestigious "Innovation Challenge Grant" in July 2015 to work with them on Corrections Innovation.

For further details on these initiatives and more visit www.iahv.org

World Culture Festival 2016

The World Culture Festival 2016 was a celebration of The Art of Living's 35 years of service, humanity, spirituality and human values. It was held during March 11-13, 2016 in New Delhi, India.



The festival celebrated the diversity in cultures from across the world while simultaneously highlighting our unity as a human family.

Adding to the magnanimity of the event, 3.75 million people from 155 countries meditated for world peace in one physical location.

"We are inspired to continue with more enthusiasm and greater speed to realize the dream, where life becomes a celebration and the world will become one family. The World Culture Festival is a celebration of achievements and a vision to do better."

. Sri Sri Ravi Shankar

Sudarshan Kriya

Sudarshan Kriya incorporates specific natural rhythms of the breath which harmonize the body, mind and emotions. This unique breathing technique eliminates stress, fatigue and negative emotions such as anger, frustration and depression, leaving you calm yet energized, focused yet relaxed.

"Life Changing"



"May be the fastest-growing spiritual practice on the planet"



"Like Fresh Air to Millions"



"Show promise in providing relief for depression"



Researchers have found that breath is the link between the mind and the body - each emotion has a distinct breathing pattern. The reverse is also true, that breathing in a particular pattern can induce a corresponding emotion. Through Sudarshan Kriya one can learn to skillfully use the breath to change the way one feels, hence releasing negative emotions that cause stress, such as anger, anxiety, depression and worry, leaving the mind completely happy, relaxed, and energized.

Sudarshan Kriya harmonizes the whole system by cleansing daily and accumulated stress. Studies show that Prolactin - a well being hormone -significantly increases from the very first session of Sudarshan Kriya.

Millions of people from all walks of life have been touched by the healing power of the Sudarshan Kriya.

DOCUMENTED RESEARCH

<http://www.artofliving.org/us-en/research-sudarshan-kriya>

Happiness Tour 2016 with Sri Sri Ravi Shankar

Get Happy : A two day immersive experience.

Learn Sudarshan Kriya and Meditation

Discover “the how” of lasting happiness and watch stress melt away. With Sri Sri Ravi Shankar and expert Art of Living teachers, you will experience the powerful Sudarshan Kriya meditation and yoga.



Get Happy is the latest in the series of programs offered by the Art of Living foundation. It delivers the opportunity to learn powerful breathing and mediation practices as part of this enlightening two-day event.

Sri Sri Ravi Shankar will launch this program as part of inaugural Happiness Tour 2016 spanning across eight major cities in the United States.

Washington, D.C. Metro	: June 24-25, 2016
Boston, MA	: June 25-26, 2016
Columbus, OH	: June 27-28, 2016
Minnesota, MN	: June 29-30, 2016
SF Bay Area, CA	: July 2, 2016
Portland, OR	: July 5-6, 2016
Seattle, WA	: July 7-8, 2016
Los Angeles, CA	: July 9-11, 2016

Website : www.artofliving.org/gethappy

PRESS RELEASE

The Art of Living Foundation Introduces Get Happy, a New Program that Releases Stress and Brings Happiness in an Easy, Quick and Sustainable Manner

Participants get a unique opportunity to meet the Guru of Joy, Sri Sri Ravi Shankar and experience the power of Sudarshan Kriya

May 19, 2016 08:12 AM Eastern Daylight Time

WASHINGTON--([BUSINESS WIRE](#))--For over 35 years, the Art of Living Foundation (AOLF) has helped more than 370 million people achieve inner happiness through self-development programs based on [meditation](#) and [yoga](#). This summer, AOLF will launch its newest offering, [Get Happy](#), to discover the “how” of lasting happiness, through Sudarshan Kriya - a simple yet powerful breathing technique that effortlessly draws an individual into a deep state of meditation.

Get Happy has been developed under the direction of [Sri Sri Ravi Shankar](#), a global humanitarian and Guru of Joy, to make the ancient practices of meditation accessible and relevant in today’s fast paced life. Expert instructors from the Foundation will host the two-day immersive experience, where Sri Sri Ravi Shankar himself will lead a special session in eight cities across the U.S., kicking-off June 24 in Washington, D.C. Additional cities he will be visiting include Boston, Columbus, Minneapolis, Portland, Seattle, Los Angeles and San Francisco.

“My mission is to put a smile on the face of every person I meet,” said Sri Sri Ravi Shankar, Founder of the Art of Living Foundation. “A disease-free body, quiver-free breath, stress-free mind, inhibition-free intellect, obsession-free memory, ego that includes all, and sorrow free soul is the birthright of every human being.”

More than ever, an individual’s complete happiness is considered to be the proper measure of social progress and the goal of public policy. In fact, the United Nations has argued that happiness, as measured by life evaluations, provides a broader indicator of human welfare than do measures of

income, poverty, health, education, and good government. Recently released, the [2016 World Happiness Report Update](#), ranked the United States at number 13 in terms of the happiest countries.



The centerpiece to the Get Happy program is the Sudarshan Kriya – a rhythmic breathing technique that harmonizes the body, breath and mind; enabling the deepest connection with oneself. Professionals from different walks of life such as doctors, scientists, professors, business executives, veterans, students and prisoners have benefited from this technique. More than [60 independent studies](#) published in peer review journal across four continents have demonstrated the benefits including a reduction in stress, anxiety, depression, PTSD and addictive behaviors.

For more information about Get Happy, visit [here](#).

About The Art of Living Foundation:

AOLF is a non-profit educational and humanitarian organization founded by world-renowned philanthropist and spiritual leader Sri Sri Ravi Shankar. It offers educational and self-development programs that facilitate the elimination of stress and foster deep inner peace, happiness and well-being.

About Sri Sri Ravi Shankar:

Sri Sri Ravi Shankar is a global humanitarian and a spiritual leader who has rekindled traditions of yoga and meditation that have helped millions achieve personal and social transformation by relieving stress and discovering inner peace in daily life. Named one of the “Seven Most Powerful People in India,” by *Forbes*, he has been credited in bringing opposing parties together to facilitate meditation and peace talks in Colombia, Iraq, Cote d’Ivoire, and India.

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