

# Art of Living – Part 1

## The Yoga of Breath

November 6 – 11, 2007  
Clarksville, MD

**Focus and Clarity of Mind**  
**Freedom From Depression and Fatigue**  
**Boost Your Energy Levels and Reduce Stress**  
**Increased Enthusiasm and Creativity**  
**Greater Ease in Personal and Professional Relationships**  
**Deeper Sense of Community**

### **SCHEDULE:**

**Tuesday, Nov 6 – Sunday, Nov 11, 2007**

*All Sessions Must Be Attended*

**Weekday Evenings 6:30 p.m. – 9:30 p.m.**

**Weekend Days 10:00 a.m. – 3:00 p.m.**

**FEES: \$375 (General)**

**\$200 (Students w/ valid ID & retired seniors)**

### **LOCATION:**

**13029 Triadelphia Mill Rd**

**Clarksville, MD 21029**

**Tel: 301.854.0087**

**E-mail: [stillpoint.haven@verizon.net](mailto:stillpoint.haven@verizon.net)**

**Please RSVP to reserve your space**

The Art of Living Foundation is an international non-profit, educational and humanitarian organization that stands in special consultative status with the Economic and Social Council of the U.N. Dedicated to serving society by strengthening the individual, we offer unique programs that have benefited over 20 million people around the world. The course is proven to be one of the most effective means for stress elimination by integrating practical knowledge and techniques, ancient spiritual wisdom, and simple health practices.

**[www.artofliving.org](http://www.artofliving.org)**