



The GEWA Art of Living Club presents
Sri Sri Ravi Shankar and Dr. Richard Brown
speaking on

“Maximizing performance: How to go beyond your boundaries and develop your latent potential.”

Thursday, May 6 at 11:00 a.m
Building 3 Auditorium

A light lunch will be served after the talk

Sri Sri Ravi Shankar

- Founder of the Art of Living Foundation, one of the U.N.'s largest Non-Governmental Organizations (NGO).
- Internationally renowned humanitarian providing disaster relief and community development worldwide.
- Creator of stress management and self-development programs taught globally, including programs for professionals, students and children.
- Provides institutional employee development programs with the World Bank, the DC Police Department, Philadelphia Federal Defenders, Detroit Court system, plus international organizations.
- Hosted and attended numerous international conferences on promoting human values in all aspects of life and culture.
- Regularly invited speaker to the U.N., the National Institutes of Health, the World Economic Forum, and many major institutions and heads of state.
- An inspiration to people for his wisdom, candor, humor, ability to find solutions for difficult problems, and getting people to work together to achieve a common goal.

Richard P. Brown, MD

- Professor of psychiatry at Columbia University.
- Private practice in psychopharmacology.
- Known for extensive scientific and clinical evidence for adaptogenic herbs and Sudarshan Kriya, as powerful treatments for improving mental and physical performance, particularly under stress.
- Research includes the Soviet's use of adaptogenic herbs for long-term space travel.
- Co-author of the chapter on “Complementary and Alternative Treatments in Psychiatry,” in *Psychiatry Second Edition*.
- Presented internationally a comprehensive neuro-physiological theory of the effects of Sudarshan Kriya, as developed by Sri Sri Ravi Shankar.



The **GEWA Art of Living Club** invites you to our lecture series with **Sri Sri Ravi Shankar**, humanitarian, consultant to world leaders, and leading self-development expert, and **Richard Brown, M.D.**, a renowned researcher and clinician using alternative methods to overcome boundaries and develop human potential. Their topic **“Maximizing performance: How to go beyond your boundaries and develop your latent potential”** will explore artificial and limiting boundaries, the nature and definition full human potential as our natural state; and how that state applies to our professional and personal lives. Please come and discover something new about yourself and add to our already rich Goddard community.

In Washington DC, Art of Living stress management programs have been taught at numerous institutions and to thousands of regional professionals. The Art of Living Club offers these programs on campus as well as discounts for regional courses.

Please come and take advantage of this unique opportunity! For more information, please call Bill Hayden at x6-4267, Chris Smythe-Macaulay at x6-2490 or Vinod Patel at x6-9267.