**MORE INFORMATION**

The Art of Living Foundation is a large humanitarian international non-profit NGO and UK Registered Charity, with executive consultative status with the Economic and Social Forum of the United Nations, and present in over 150 countries.

At this time, more and more people have to take time off work due to stress, and an estimated one in three people will suffer from depression in their lifetime in Europe.  Our workshops prevent stress and also increase productivity and efficiency, bring greater wellbeing and health, and can lead to improved teamwork and morale.

We deliver practical, proven, stress-management tools, focused on unique breathing techniques which participants can use at home or together in the workplace, and which have already had an impact on the lives of more than 20 million people worldwide.

For those who enjoy the free taster workshops and want to know more, we also run longer courses called ‘The Art of Breathing’ which go into more depth.  All profits from these courses go towards funding our humanitarian projects around the world. See [www.iahv.org](http://www.iahv.org/) and [www.iahv.org.uk](http://www.iahv.org.uk/) (humanitarian projects website).

Independent studies done on the core techniques taught in the course show significant increases in health, energy, well being, relief from depression, and an increased ability to achieve a state of relaxed focus.  See [www.aolresearch.org](http://www.aolresearch.org/) (independent research on the effects of the practices).

**The following interview with Professor Fahri Saatcioglu, molecular biologist from Oslo University, gives an insight on how yoga, breathing techniques, meditation help us in getting vibrant health,**

[**http://www.artoflivingtv.eu/interview/take-a-breather-fahri-saatcioglu-takes-us-on-a-journey-through-spiritual-science/**](http://www.artoflivingtv.eu/interview/take-a-breather-fahri-saatcioglu-takes-us-on-a-journey-through-spiritual-science/)**.**

He mentions about how the spiritual practices affect our brain activity, endocrine system (hormones), anti-oxidants, genes, chronic diseases (including cancer, cardiovascular and HIV- AIDS), depression and stress.

If you would like to book a free taster workshop or would like to find out more, feel free to contact us :

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[www.artoflving.org](http://www.artoflving.org/)

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