

AOLF At-a-Glance

- Founded in Bangalore, India in 1982
- Non-profit 501 (c)(3) organization
- Special consultative status with the Economic and Social Council of the United Nations
- Active in more than 140 countries
- 25 million people worldwide have benefited from Art of Living courses

Mission

The Art of Living Foundation promotes global harmony and uplifts society by strengthening one individual at a time. Its programs eliminate stress, restore human values and encourage people from all backgrounds, religions and cultural traditions to come together in celebration and service.

Founder

His Holiness Sri Sri Ravi Shankar

AOLF Programs

- Disaster and trauma relief
- Self-Development Seminars
 - Art of Living Course (ages 18+)
 - ART Excel (ages 8-13)
 - Youth Empowerment Seminar (ages 14-17)
 - Youth Empowerment Seminar (ages 18-30)
 - APEX for corporate executives
 - Sahaj Samadhi Meditation
 - Sri Sri Yoga
 - Prison SMART program
- Sustainable Development

Key Partner

International Association for Human Values (www.iahv.org)

About the Art of Living Foundation

Founded by global humanitarian and spiritual leader Sri Sri Ravi Shankar, the Art of Living Foundation creates violence-free, crime-free and stress-free communities by bringing peace to one individual at a time. Since 1981, AOLF has inspired millions to rekindle human values, set aside differences and come together in dedication to the common good.

Humanitarian Aid and Trauma Relief

AOLF is committed to reaching out globally to any place where there is trauma and suffering. Recent disaster management and trauma relief initiatives include:

- Iraq – AOLF operates two facilities in Baghdad. To date, 2,300 Iraqis have participated in the program, 20 of whom have become Art of Living teachers.
- Afghanistan – AOLF trauma relief camps have aided more than 1,000 people, including the staff of the United Nation's Development Fund for Women, Ministry of Public Health and the Mental Health Department.
- United States – AOLF provided material aid and trauma relief to more than 2,000 people after Hurricane Katrina. AOLF Youth Training programs continue to make a difference in New Orleans. In New York City, AOLF offered free trauma relief programs to thousands throughout the region after 9/11.
- Lebanon – AOLF is actively engaged in efforts to address the aftermath of conflict and war. In 2003, His Holiness Sri Sri Ravi Shankar held a public meditation ceremony for 700 people, and met with His Beatitude the Patriarch, the Mufti of the Republic.
- Kosovo – Trauma relief programs have been held for war victims, medical workers, and more than 600 members of the United Nations peacekeeping staff.
- Kashmir – Since 2003, AOLF has held trauma relief and youth leadership training programs for more than 3,500 people, including hundreds of youth at risk for extremist recruitment.

Self-Development Programs

The power of AOLF's programs is based on the inner transformation of the individual. At their core is the Sudarshan Kriya, a life-changing breathing technique that creates a sense of belonging and facilitates conflict resolution, while providing a variety of health benefits confirmed by Independent studies, such as:

- Reduced levels of cortisol (the stress hormone)
- Strengthened the Immune system
- Reduced blood pressure
- Enhanced Brain Activity
- Enhanced health, well-being and peace of mind.
- Relief of anxiety and depression

Students of Sudarshan Kriya experience an inner transformation that reconnects them to themselves and to the values that unite all humans, often inspiring them to join together in service and dedication to the common good.

Other AOLF Programs

ART Excel

- Workshop that provides children and teens with practical techniques and processes to handle stress and deal with negative emotions and situations.

YES!

- Program designed to broaden and challenge young adult and university students' perspectives on life and the world, fostering a greater commitment to human values.

The Art of Living Prison Program

- Prisoner rehabilitation program that teaches practical skills to control emotions and techniques for rekindling human values to begin a path toward healing.

For more information:
us.artofliving.org/press