

Art of Living Silence course, Birthday Celebration and commentaries on Bhagavad Gita with H.H. Sri Sri Ravi Shankar,  
7th – 14th May 2010, Arosa/Switzerland and Bad Antogast/Germany

The journey includes

Art of Living Part 3 or Part 1 Course  
Sahaj Samadhi Meditation course with Smt. Bhanumathi Narasimhan  
Birthday Celebrations in honor of H.H. Sri Sri Ravi Shankar  
Extended stay in Arosa ! AND : special commentaries on the Bhagavat Gita!

On the request of many the Journey has been extended by one day !

The journey begins with the Art of Living course from 7th - 11th May 2010. After a day of rest, participants will then proceed on the 12th May to Lake Luzern, the most beautiful lake in Switzerland, where we will enjoy a unique boat trip ! The journey will then lead participants directly to the European Centre of the Art of Living Foundation in the Black Forest, where on 13th May 2010 Maha-Satsang celebrations will be launched to mark the 54rd birthday of Sri Sri Ravi Shankar.

Participants are advised to sign up as soon as possible, as last year the course was fully booked by middle of April. There are only 480 places available which will be allocated on a 'first come-first serve' basis.

Come and join this unique journey !

for Details: [http://en.artofliving.ch/IMG/pdf\\_AROSA2010.pdf](http://en.artofliving.ch/IMG/pdf_AROSA2010.pdf)

Jai Gurudev!