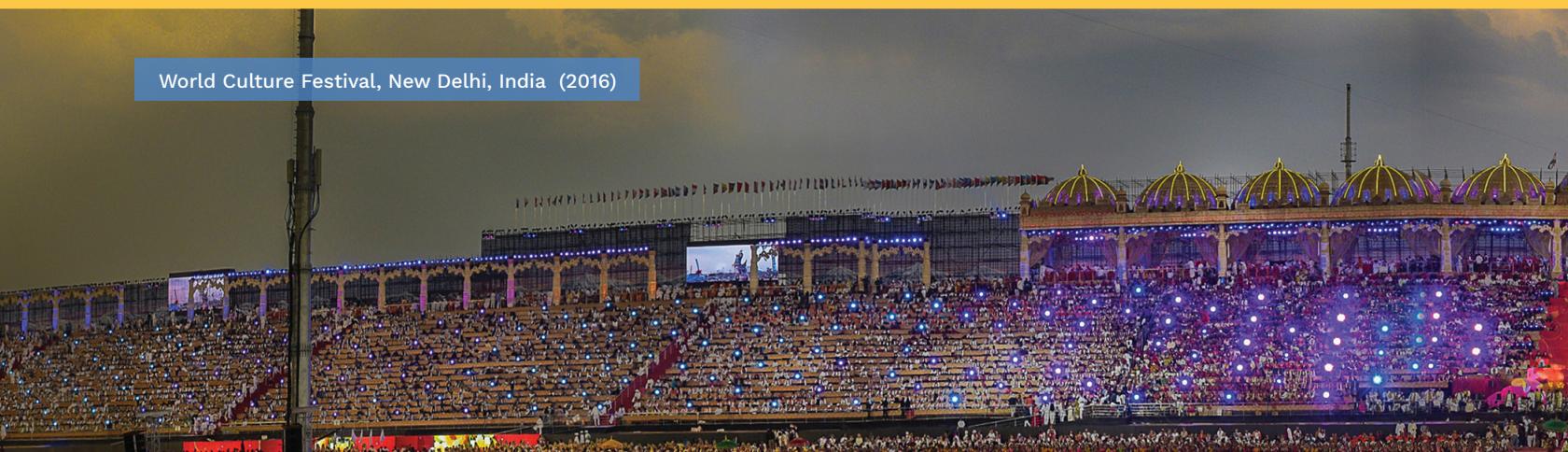




Strengthening Individuals Strengthening Society

“My Vision is a Violence-Free, Stress-Free World”

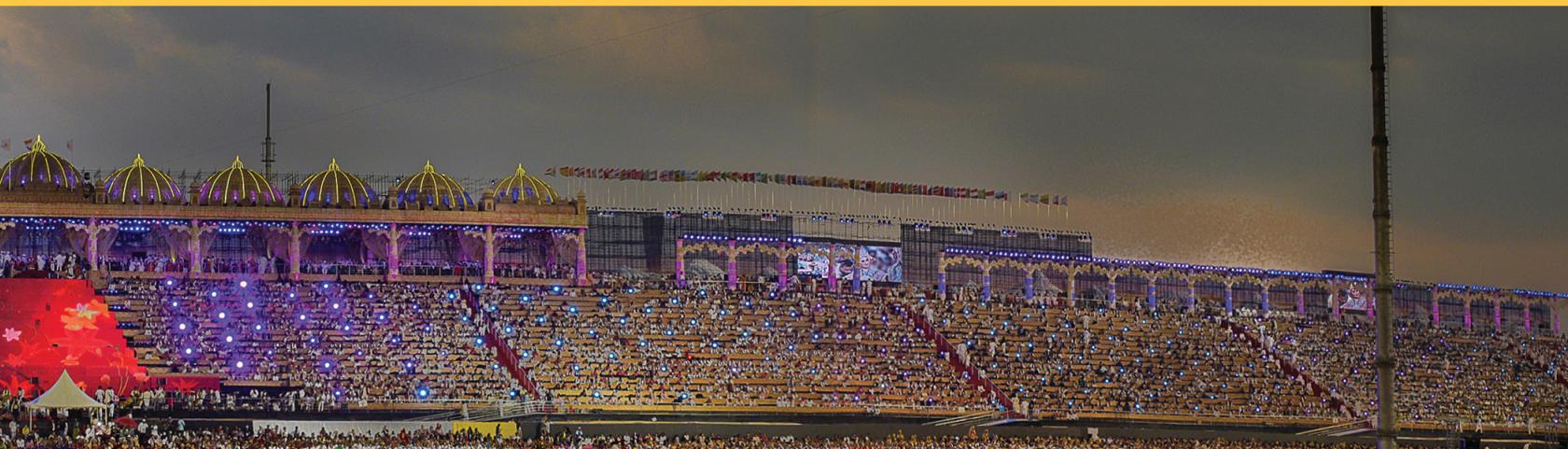
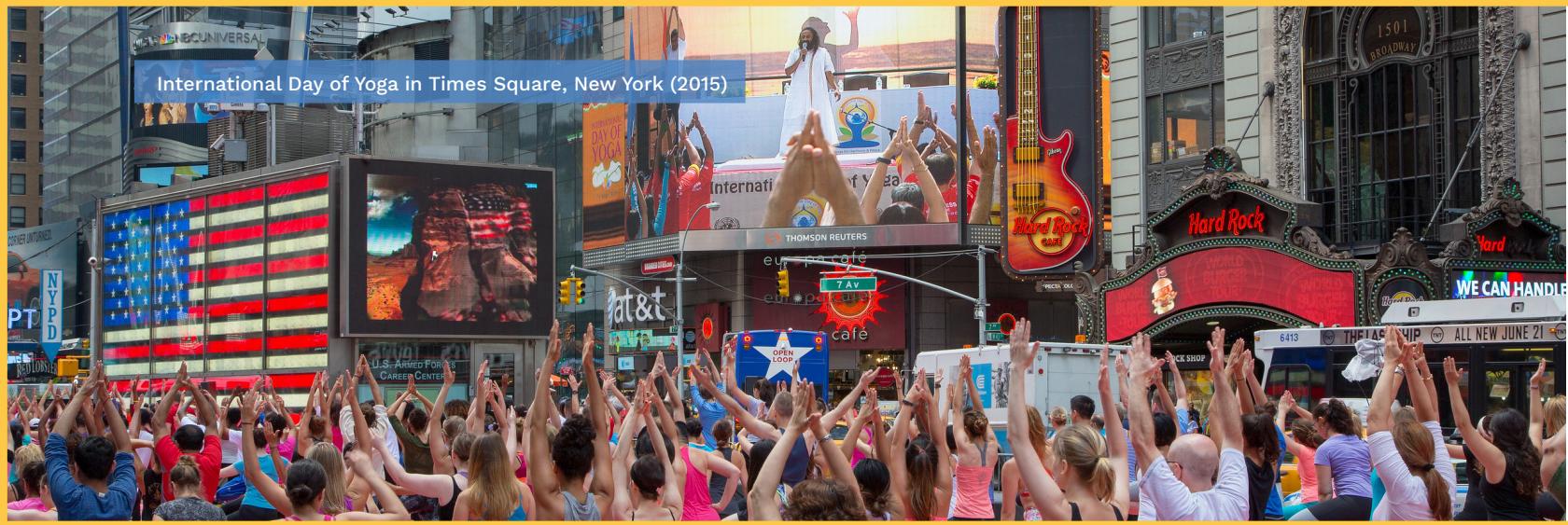
SRI SRI RAVI SHANKAR



America Meditates event in City Park, Denver (2019)



International Day of Yoga in Times Square, New York (2015)





Sri Sri Ravi Shankar

Our **Founder**



A violence-free society, disease-free body, stress-free mind, inhibition-free intellect, trauma-free memory, and a sorrow-free soul is the birthright of every individual.

— Sri Sri

Sri Sri Ravi Shankar is recognized globally as a humanitarian, spiritual leader and peacemaker. He has touched the lives of more than 450 million people around the world, resolving conflicts through dialogue and self-awareness, teaching positive approaches to living including techniques to alleviate stress and anxiety, and by his example of selfless service.

Sri Sri's vision of a violence-free world is drawn from his understanding of the foundational values underlying all faith traditions. His message is universal, touching persons of all religious beliefs and practices. His many friends among the leaders of the Muslim, Christian, Buddhist and Jewish communities are a testament to the recognition he has received for his work and message.

It is the people of the world to whom Sri Sri is most dedicated. He travels the globe sharing techniques, some of which are drawn from ancient practices, that calm the mind, overcome anger and feelings of violence, relieve stress and anxiety, and alleviate feelings of depression and suicide.

One of Sri Sri's unique contributions to this process of self-development is the *Sudarshan Kriya*, a powerful breathing technique that enhances physical, mental, emotional and social well-being. Scientific research has shown that his programs significantly decrease anxiety, stress and depression while making people feel happier and more optimistic.

Sri Sri has created trauma-relief and meditation programs for at-risk youth, war veterans, prisoners and survivors of disaster. He is also engaged in peace-making efforts internationally and in conflict-affected areas like Colombia and Iraq.

Sri Sri has received many honors around the world. In addition to his 21 honorary doctorates, he has also received 38 governmental awards, including the highest civilian awards in Colombia, Guatemala, Mongolia and Paraguay.

The President of India has also bestowed him with the *Padma Vibhushan*, the country's highest annual award of exceptional and distinguished service. In the United States, he has received the International Humanitarian Award from the Simon Wiesenthal Center and the award for inspiring Humanity from the Foundation for California.

He has been an invited speaker at the United Nations, the European Parliament, the World Economic Forum, TED, and the Israeli Presidential Conference, as well as many think-tanks and universities such as the Atlantic Council, American Enterprise Institute, Harvard, Stanford, Georgetown, and The Wharton School. A thought leader, he has been featured on CNN and The New York Times, and has written over 40 books.



450 million people
156 countries
10,000+ centers



Operating in 156 countries, the Art of Living Foundation (AOLF) is a nonprofit, educational, and humanitarian organization founded in 1981. AOLF offers numerous highly effective educational and self-development programs and tools that facilitate the elimination of stress and foster deep and profound inner peace, happiness, and well-being for all individuals. These programs have helped millions around the world to completely transform their lives. The AOLF community is diverse and attracts people from all walks of life, backgrounds, and religious orientations.



The International Association for Human Values (IAHV) offers programs to reduce stress and develop leaders so that human values can flourish in people and communities. IAHV's programs enhance clarity of mind, positively shift attitudes and behaviors, and develop leaders and communities that are resilient, responsible, and inspired.

Service Highlights:

450
MILLION

lives
touched

5.6
MILLION

benefited from
trauma relief

81
MILLION

trees planted

800+
THOUSAND

inmates
benefited

700+
THOUSAND

students
educated

7.4+
THOUSAND

extremists
transformed

Our Approach to Change

We work with the firm belief that individual empowerment is needed for sustainable societal transformation.

By providing the capability to eliminate stress and fostering deep and lasting inner peace, happiness, and well-being, individuals are then able to go out and uplift their communities. As such, our work focuses on first addressing drivers of stress and conflict for the individual, and then at the community and global levels.



Our Programs:

INDIVIDUAL	COMMUNITY	GLOBAL
<ul style="list-style-type: none">Breath & Meditation Workshops for Adults & ChildrenSilent Meditation RetreatsYoga Practitioner & Certification ProgramsLeadership Training ProgramsPractical Wisdom Courses	<p>Specialized Programs for:</p> <ul style="list-style-type: none">VeteransInmates & Correctional OfficersSchools & UniversitiesPolice & Gang MembersMedical Professionals	<p>Development Programs for:</p> <ul style="list-style-type: none">Youth LeadershipIntegrated Rural DevelopmentHealth & Hygiene EducationWomen's EmpowermentDisaster & Trauma Relief

SKY Breath Meditation

In 1982, Sri Sri created the **Sudarshan Kriya** breathing technique (SKY), which serves as the basis of our breathing and meditation workshops for individuals and communities. SKY effectively reduces stress and improves both mental and physical wellbeing.

Millions of people from all walks of life - from leaders of corporations to factory workers, teachers to children, business people to farmers, prison inmates to extremists - have experienced the transformational power of the SKY breath meditation. Currently there are more than 30,000 certified trainers of SKY breath meditation around the world.

SKY has been adapted for application in many different contexts. For healthcare professionals, the Living Well program offers continuing education credits for doctors and nurses. SKY programs are approved for AMA PRA Category 1™ CME credits for medical doctors and Continuing Nursing Education™ credits.

Similarly In the corporate context, it is taught through the TLEX (Transformational Leadership for Excellence) program, which has facilitated trainings and talks to nearly 30,000 employees, with over 300 organizational clients in 30 countries across the globe.

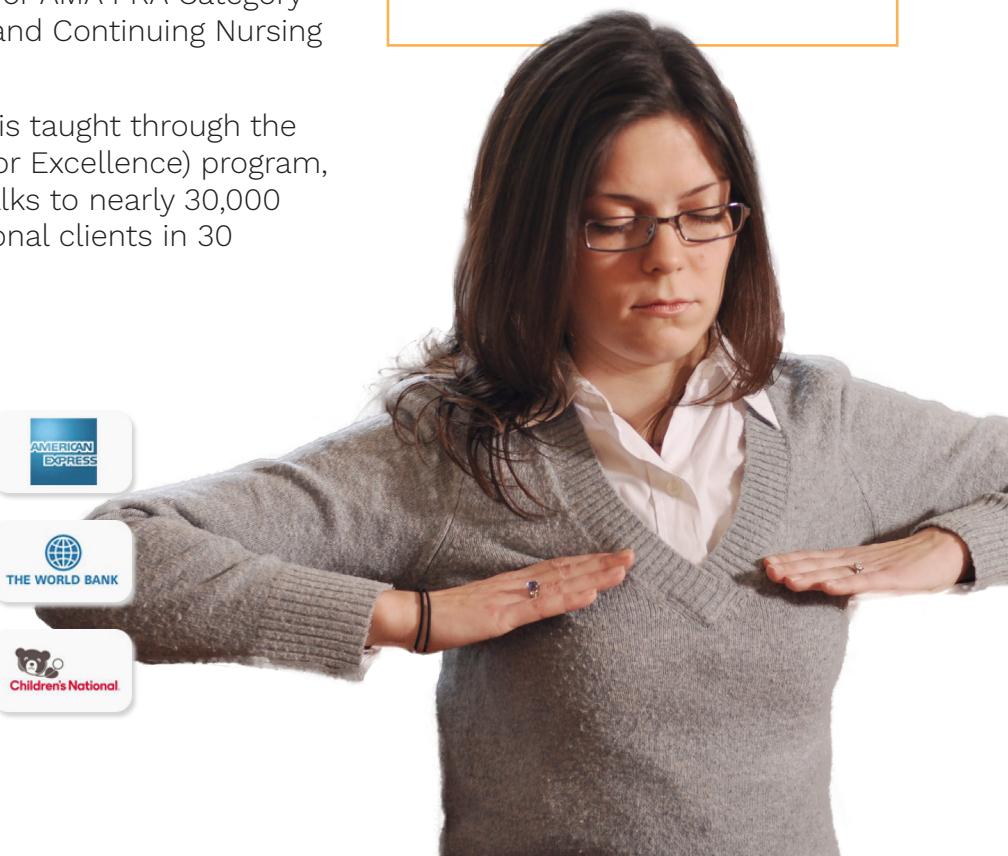
A partial list of organizations served:



“

Breathing is the first act of life. Within the breath is the unexplored secret of life. Sudarshan Kriya (SKY) is a powerful yet simple rhythmic breathing technique. It incorporates specific natural rhythms of the breath, harmonizing the body, mind and emotions.

— SRI SRI



SKY Research

70 Independent Studies on Sudarshan Kriya and Related Practices (SK&P)

SK&P have been found to enhance brain, hormone, immune and cardiovascular system function. Published research shows SKY significantly reduces stress, depression, anxiety and PTSD. Research also demonstrates that the effects of SKY reach all the way down to the molecular level, to our DNA.

Over 70 independent studies conducted on four continents and published in peer-reviewed journals, have demonstrated a comprehensive range of benefits from practicing SKY.



Los
Angeles
Times

A yoga-based technique that targets healing and stress is gaining favor

TIME

Calm your nervous system with the relaxation response

VOGUE

Sudarshan Kriya's engagement of the parasympathetic nervous system can re-balance brain chemistry.

Prevention

The Easy Breathing Technique That Can Lower Your Anxiety 44%

Psychology Today
FOR A HEALTHIER LIFE

An Incredible Alternative to Mindfulness You Never Heard Of

aolf.me/sky-research

Project Welcome Home Troops

Resilience Training for Optimum Performance

Veterans, Active Military & Their Families



We offer a restorative mind body resilience program for veterans, active military and family members, giving them tools to reduce chronic and post-traumatic stress injury (PTSI).



I honestly feel like I have been given a second chance at life.
The weight I carried on my heart, mind and soul has been lifted.

Travis H.— U.S. Marine Corps

“

A stress-free mind and a trauma-free memory is the birthright of every human being – Sri Sri

Program Highlights

- Benefitted more than **2,500 veterans** in the United States
- Presence in **30 cities** in the US. Expanding to Australia, Israel, Europe and Canada
- **18 Veterans Affairs Hospitals** and Veterans Centers have hosted our program. Featured in two documentaries: Emmy-nominated *Almost Sunrise* and the award-winning *Free the Mind*
- Research from **Stanford** showed that the markers for PTSD decreased in combat veterans participating in a 7-day program - follow-up at one year showed the benefits were sustained indicating the improvement may be permanent.
- Currently completing a **four-year clinical study** at VA Palo Alto Medical Center, War Related Injury and Illness Center
- Featured in Time, Newsweek, Chicago Tribune, US News, Stanford News



SKY Schools

Breathing Life into Education

K12 Students, Educators & Parents

“A good system of education must instill self-esteem and creativity in children. It must help nurture a free, un-obsessed, anger-free and relaxed mind.”

SRI SRI



We offer evidence-based, CASEL approved social-emotional learning programs dedicated to providing youth with the skills and knowledge to achieve all around health and success, including a healthy body, a healthy mind and a healthy lifestyle. We do this by offering youth, educators and communities' practical tools and life skills to increase self-awareness, manage stress and emotions, and make responsible life choices.

As students learn to reduce stress and manage emotions they gain the ability to focus and perform well academically at school, as well as the ability to build more positive relationships with their peers, parents and teachers.

Program Highlights

- More than **110,000 students** in **209 schools** across **25 cities** in US over the past **16 years**
- More than **10,000 students** have SKY Schools' restorative practices as part of their daily school schedule
- Primary programming areas include metropolitan areas of New York, Washington DC, Chicago, Milwaukee, San Francisco, Los Angeles and Pomona
- Featured on PBS Nova, USA Today, FOX, and Newsday at United Nations.
- Scheduled to provide services to **1 million students** and teachers across **1,250 high schools** in Bahia, Brazil
- More than **1,300 educators** have received the SKY educators program in Mexico
- Independent 3rd party **university research** has shown that SKY Schools reduces impulsive behavior, fear and anxiety, bullying, and depressive symptoms and increases coping skills, problem solving, emotional regulation, attentional focus, and responsible decision-making

Students report:

- **70% reduction** in Perceived Stress
- **70% Increase** in Emotion Regulation
- **77% Increase** in Resilience
- **56% increase** in Growth Mindset
- **58% increase** in Caring and Cooperative Behavior

Schools report:

- **90% reduction** in violent infractions
- **64% sustained reduction** in disciplinary infractions
- **80% decrease** in suspensions
- **45% decrease** in drug and alcohol use
- **350% increase** in students making adequate yearly performance
- **700% increase** in students on honor roll
- Statistically significant **increase in GPA** among students participating in daily breathing

SKY schools has helped to create that culture of calm we really want our school to have. The techniques are not just used in classroom, they are life-skills that the students & staff can use outside of the classroom as well.

Ms Tamara, Walt Disney Magnet School
Chicago

www.skyschools.org

SKY Campus Happiness Program

Total wellbeing through breath-work, meditation, social connection and service leadership

College Students and Faculty



SKY Campus Happiness teaches students and staff to thrive in life and lead with clarity of mind, resilience, purpose and compassion. Through on-campus deep dive retreats, weekly meditation classes, social connection & happiness curriculum, student SKY clubs and train-the-trainer models, students and faculty learn evidence-based breath-work and meditation practices, create positive community, and experience mindful leadership while expanding well-being on their campus.



Revolutionized my daily life. As a busy student with a job, my plate is always full. I highly recommend making time for this program, to reduce stress and improve focus

Bryn, USM Law



A complete education is one which empowers an individual to play the role of a global citizen in making the local community stronger and the world a safer and happier place to live.

— Sri Sri

Program Highlights

- Present in **53 university campuses** in the USA*
- More than **100,000 students** and **faculty** benefited
- **450 students** empowered to lead meditation for students & staff on their campus after attending our 250-hours SKY Leadership Training
- Offered SKY Campus Happiness as a credit course through Stanford's Wellness Department and CalPoly's Psychology Department
- For students, SKY Campus Happiness impacts more positive change and reduces more factors of stress and anxiety than Mindfulness (Study forthcoming, Yale, 2020)

www.campushappiness.org

*A partial list of campuses includes:

- Stanford University
- Columbia University
- Harvard University
- Ohio State University
- Purdue University
- University of Minnesota
- Cleveland State University
- John Hopkins University
- Northeastern University
- University of Southern Maine
- University of North Carolina Charlotte
- University of North Carolina Greensboro
- Georgia Technical College
- University of Florida Gainesville
- Florida International University
- University of Texas Dallas
- University of Texas Arlington
- University of Texas Austin
- Texas A&M University
- Indiana University Bloomington
- San Jose State University
- University of Southern California
- Arizona State University
- University of Maryland
- University of Illinois Urbana Champaign
- North Carolina State University
- University of New England
- SUNY Binghamton
- University of Cincinnati
- University of Florida Tampa
- University of Pittsburgh
- Appalachian State University
- NOVA Southeastern University

Prison Program

Stress Management and Rehabilitation Training

Prisoners and Correctional Staff



The Prison Program is a rehabilitation program that aims to reduce offender recidivism by effectively transforming the mindsets, attitudes and behavior of offenders to break the cycle of violence in our societies from the root. It offers crucial stress management and trauma relief for inmates, correctional staff and victims of crime.



The program is an enlightening experience, offering a refreshing change from usual curricula which attempt to educate from looking 'outside in'. This program does the opposite: empowering individuals to seek understanding within themselves first.

James L, Correctional Officer IV/Greathouse

“Inside every culprit, there is a victim crying for help. If you heal the victim the culprit in him disappears” – Sri Sri

Program Highlights

- Benefited **800,000 inmates**, correctional officers and law enforcement staff in over 60 countries over the past 28 years
- Benefited **50,000+ inmates** and correctional officers in **83 facilities** in **17 states** across the United States
- Launched policy dialogue with federal policy makers and local government officials at the US Capitol in 2019
- Recidivism statistics for program graduates at the Indianapolis Reentry Education Facility (IREF) for years 2009-2014 show just a 14.6% recidivism rate. This is 61% less than the state average and 50% lower than most cities nationwide. Results suggest IAHV Prison Program, along with the IREF program, is strongly associated with lower recidivism rates.



An accepted evidence-based program of the **Federal Bureau of Prisons**



Accredited since 2010 by the **American Correctional Association**



Spotlight: **Delaware**

During Fall 2017, the Delaware Department of Corrections (DOC) had the Prison Program conduct six trainings for 74 correctional employees. The employees overwhelmingly rated the experience as “positive, valuable, and yielding immediate results.”

An internal survey found that:

- **96%** said the program made them feel more relaxed
- **91%** said they felt more focused
- **100%** said they gained an awareness of wellness exercises
- **95%** felt that DOC should continue to offer course to staff
- **73%** felt the Prison Program should also be offered to inmates

Cities 4 Peace

Communities Grappling with Violence

Inner City Communities



Cities4Peace is a global initiative designed to promote peace and reduce violence in cities worldwide by improving mental health, well-being and social cohesion between various polarized stakeholders, for example, gang members, community-police, etc.

We bring together various stakeholders of a community including police officers, former gang members, at risk youth, social justice activists, victims of violence and other community members to build their leadership skills to promote mental health, improve communication & social trust and become Ambassadors of Nonviolence in their communities.

We also offer specialized meditation training programs to law enforcement, first responders, healthcare workers and others in similar stressful jobs to build their capacity to promote mental health, wellbeing and improve public health and public safety.



Our lives will take a new direction if we take pride in non-violence, compassion and service.

— Sri Sri

Program Highlights

- Brought together nearly 200 members of the South Los Angeles community including former gang members, LAPD police officers, youth and victims of violence and trained them in nonviolence and meditation practices
- Trained 17 former gang members, social activists and youth from Baltimore in community leadership who reached out to more than 500 people educating communities about nonviolence and stress management through breathing techniques and meditation.
- Organized World Summit on Countering Violence and Extremism in 2018 in India that brought together nearly 150 delegates from various countries to brainstorm peace and nonviolence within their communities
- Trained over 2,000 police officers in Bahia, Brazil in mental health and wellbeing
- Conducted training programs for police departments in Rotterdam (Netherlands) and Albuquerque (New Mexico)
- Presented our case study in Los Angeles at the UN's Civil Society Conference in August 2018 in Utah (USA)
- Hosted the World Summit on Countering Violence and Extremism in 2018, with 120 delegates from all over the world



George Mason University School of Conflict Analysis & Resolution undertook an independent research evaluation of our program in Los Angeles

Increased Energy and Happiness

82%

Ability To Stay Focused

91%

Enhanced Clarity of Mind

96%

Remaining Calm in Challenging Situations

91%

Ease of Social Connection

87%

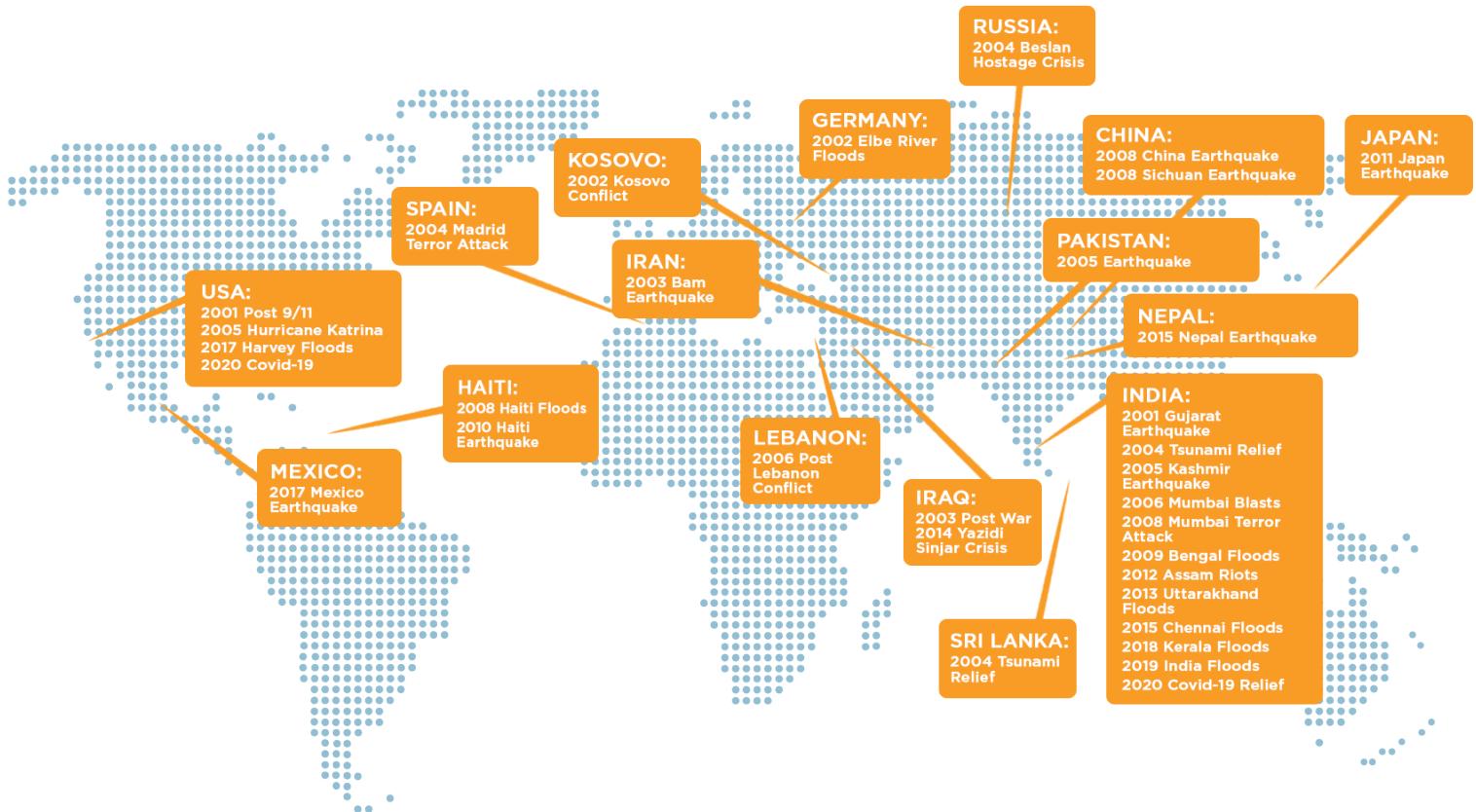
Increased Effectiveness in both Personal & Professional Life

84%

Disaster & Trauma Relief

Immediate aid and care, trauma relief, and long-term community development post disaster

In response to natural and man-made disasters, The Art of Living and IAHV collect funds and goods for immediate material aid and care, provide and support trauma relief and stress-management programs, and support long-term rehabilitation.



**We knew only death and despair. Now we can smile.
This is the greatest gift that the Art of Living has given us.**

Shafiqur Rehman, a Trauma-Relief Program Participant



Unless the trauma is released, food and medicine alone will not work. — Sri Sri

Middle East:

Lebanon & Jordan: Trauma Relief and Resilience for Youth Affected by Syrian conflict

- **167 youth** benefited from anti-violence and peace ambassador training program
- More than **16,000 vulnerable children and youth** benefited from trauma relief & resilience training programs. **167 youth** were trained as peace ambassadors
- **2,811 community members**, and **477 front-line workers** benefited from healing, resilience and empowerment training

Iraq

Since 2003 we have been conducting trauma relief programs, job skills training, youth leadership in addition to providing material supplies.

- More than **10,000 benefited** from trauma relief and resilience programs.
- More than **5,000 women** (mostly war widows) were provided certification training in financial markets, hospitality & tourism, computer skills and tailoring in addition to life skills training.
- Delivered (air dropped) **310 tons of humanitarian aid** to Yazidis on Sinjar mountains in collaboration with the coalition forces and the Iraq military

North America

- Post 9-11 delivered food to firefighters and trauma relief to more than **1,000 people**
- Post Hurricane Katrina, **2,600 people** included aid workers and children benefited from trauma relief programs.
- In Haiti more than **3,000 victims** of natural disasters benefited from trauma relief
- During COVID-19, provided free online SKY breath workshops to frontline healthcare professionals, veterans and schools. Donated \$150K+ worth PPE to hospitals in NYC.

South Asia

- Post 2001 Gujarat Earthquake, **124 homes and 14 schools** built
- Post 2004 Tsunami, provided more than **\$1M+ worth of aid**, trauma relief to **75,000+ people**, built **2 orphanages** and **2 schools** in India and Sri Lanka
- Post 2005 Kashmir Earthquake, more than **25,000+ adults and children** received trauma relief in both India and Pakistan. Started an orphanage.
- Post 2018 Kerala floods, **520+ tons of relief material** worth **\$1.3M+** distributed
- During COVID-19 provided **75M+ meals** and ration kits worth **5M+ USD**

Conflict Resolution and Peace Building



We view peace as not merely addressing external conditions and systems of conflict, but also addressing the cognitive and emotional needs of those involved.

We foster peace through dialogue and strategic initiatives that engage multiple levels of government, business and humanitarian organizations and have carried out conflict resolution programs in many countries, notably **Colombia, Côte d'Ivoire, India** (Northeast, Jammu and Kashmir), **Iraq, Kosovo, and Sri Lanka**, providing trauma relief, dialogue, and transformation of extremist mindsets.



“Sri Sri Ravi Shankar and the Art of Living are heralds of peace in a world tormented by conflicts and violence.”

Juan Manuel Santos, former President of Colombia
and recipient of the 2016 Nobel Peace Prize



“Breakdown in communication and trust deficit are the main factors behind every conflict. Addressing these two issues is the key to resolving conflicts.”

– Sri Sri

Colombia

Sri Sri is credited with playing a central role in brokering peace in Colombia in 2015, between the Revolutionary Armed Forces of Colombia (FARC) and the Colombian government, putting an end to a 52-year conflict. Our efforts resulted in a major breakthrough in June

2015 when the FARC announced a unilateral ceasefire and commitment to Gandhian principles of nonviolence. We subsequently organized reconciliation processes that helped many victims of conflict to forgive and move forward.

India

- Rehabilitated and reintegrated more than **7,400 armed insurgents** from extremist organizations of various ideologies in Jammu and Kashmir (J&K) and Northeast states
- Hosted a Northeast Indigenous Peoples conference in 2017, bringing **67 groups** together for peace
- Hosted conflict resolution conferences in Human Values & Non Violence (2005), Reconciliation Conf (2016), and Back to paradise (2017) bringing together stakeholders from all sides to promote peace in J&K.
- Facilitated dialogues to resolve various conflicts like the Assam riots (2012), Amarnath land dispute (2008), Gujar protests (2008), and the Naxal uprisings (since 2001)
- Sri Sri was involved in efforts for the past two decades to peacefully resolve the 500 year-old dispute in Ayodhya, India. In recognition of his long-standing work encouraging an out-of-court settlement benefiting both Hindu and Muslim communities, the Supreme Court of India appointed him as one of the three mediators to resolve the dispute. Sri Sri's efforts to build a legacy of goodwill between both the religious communities is unprecedented. His mediation efforts helped settle the dispute without any acrimony between the aggrieved parties.

Environmental Sustainability

Conservation Initiatives in India

River Rejuvenation

Reviving rivers and other water resources through water conservation initiatives.

- **43 Rivers** Rejuvenated across **4 States**
- **19,600 recharge structures** constructed, **1,000+ water bodies** rejuvenated
- **7 million people** in **5,000 villages** benefited



Tree Planting

Through this initiative, we have planted over **81 million trees in 36 countries**.

Mission Green Earth 2020 launched with plans for millions of native saplings to be planted in the near future.



Solar Electrification

- Benefited 165,000 + people across 720 villages
- 28 Solar Micro Grids in India set up for the Integrated Rural Energy Access Model Village program
- 143 rural schools electrified



99

“Kindling compassion and care within ourselves kindles deeper connection to, and care for the environment. That is why I consider spiritual awakening as a vital part of any environmental care campaign.”

– Sri Sri



Organic Farming

We provide a three day training in basics of chemical free farming to small farmers and then provide ongoing mentorship to sustain the natural farming.

2.2 million farmers (115,000 farmers in suicide-prone districts) have been trained in chemical free farming techniques in different states in India.



Waste Management

The foundation has helped build **19 waste management plants** across temples, dargahs, vegetable markets and municipal corporations that collectively processes **4.23 million Kg** of waste every year.

The floral/wet waste is converted to organic compost which is then sold in the market to sustain the projects.

aolf.me/environment

Care for Children

Providing free holistic education to the disadvantaged in tribal and rural areas

Care for Children program provides holistic education (physical, mental & emotional) in under-served communities. Special emphasis is given in developing confidence, leadership, interpersonal skills and human values. Most of the children are first generation learners.

Program Highlights

- **70,000+ children** are being provided free education in **702 schools** across India
- **90% of our students stay in school** compared to national average of 37%
- **Two children's living and learning centers** (orphanages) in Sri Lanka housing 35 boys and 38 girls

If I had stayed back in Meghalaya I would have been married at a young age. Here I got an education and now I feel that I can achieve something in life.

Ridalin Lyngdoh, ex-student of The Art of Living school, Bengaluru



Women's Empowerment

Empowering women at the mental, social and economic levels

Program Highlights

India

- **111,000 rural women trained** in vocational skills in India
- More than **1 million** pledged to protect girl child, **100,000+ people** sensitized against gender tests
- **150,000+ people** sensitized against child marriage in Bihar
- **52,350+ adolescent girls trained** in menstrual health and hygiene
- **110,000+ smokeless chulhas** distributed to prevent indoor pollution in remote areas

Iraq

- More than **5,000 women** have received training in computer skills, tailoring, banking, aviation and hospitality
- Facilitated formation of a national task-force that resulted in a national action plan to counter gender-based violence, emphasize women's role in policy development, provide legal assistance to women victims of violence, find peaceful solutions to conflict and elevate women into leadership positions.



The role of women in the development of society is of utmost importance. In fact, it is the only thing that determines whether a society is strong and harmonious, or otherwise. Women are the backbone of society.

— Sri Sri

Integrated Rural Development

Transforming Rural India



The Integrated community development program uplifts human values in individuals and communities so that they become socially and economically self-reliant. Infrastructure development walks hand-in-hand with people development.

Our development model includes

- Providing free stress management workshops
- Empowering rural youth and women with skill development and leadership training
- Strengthening local governance
- Build awareness and sensitize in health and hygiene and conduct camps

“

India will be truly empowered when people at the grassroots start feeling confident about themselves, their way of life, their tradition and their language.” —Sri Sri

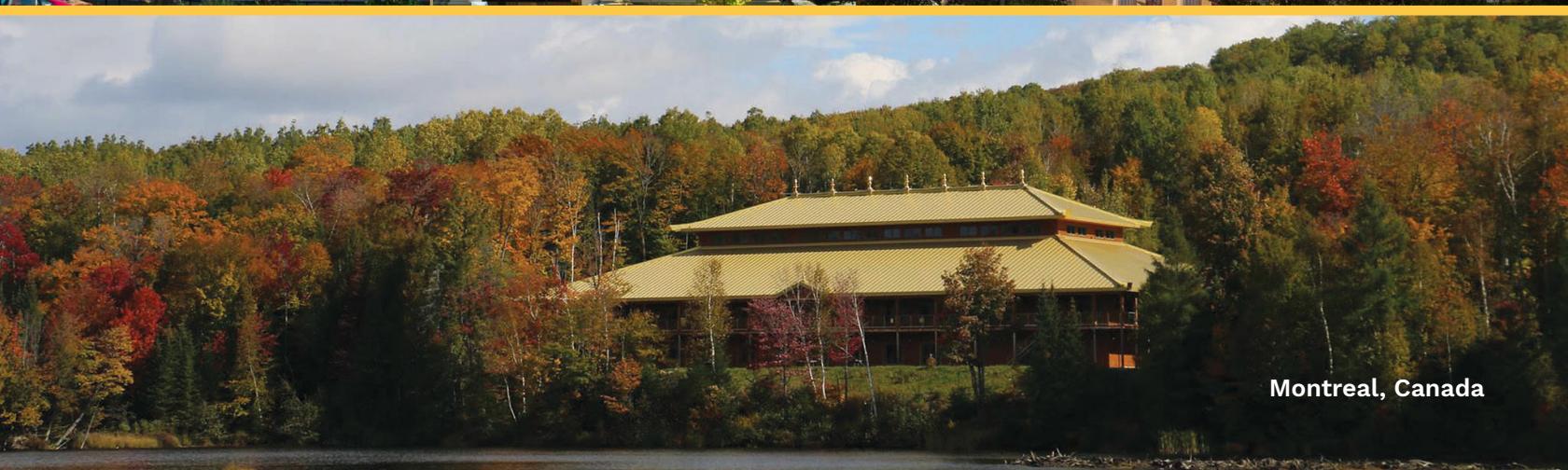
Program Highlights

- **70,000 villages** reached in India
- **249,408 youth** trained in India through Karma Yog (YLTP)
- **95 skill development centers** across **18 states** in India
- **165,000 free workshops** for stress relief, benefiting more than **5,688,000 people**
- **3,819 homes, 62,000+ toilets** and **1,000 biogas** plants built
- **2,36,930 cleanliness drives** conducted by volunteers
- **90,200 hygiene camps** conducted, benefiting **7,869,900 people**
- **27,427 medical camps** organized benefiting 577,400 people
- **264,065 people trained** in various vocational skills **over 14 years**
- **720 villages** and **136 schools** were provided solar lighting benefiting **90,000+ people**.
- **4,100 youth trained** as renewable energy technicians



- **45,000+ individuals** from 12 states of India have benefited through the HIV/AIDS Awareness for Rural Adolescent (HARA) campaign

Our Retreat Centers





Bangalore, India



Bad Antogast, Germany



Art of Living Foundation
2401 15th St. NW
Washington, DC 20009

www.artofliving.org
www.iahv.org