



Success Without Stress

An Introduction to the Happiness Program

Discover the Quickest, Most Effective Way to Reduce Stress and Unlock The Greatest YOU

We are all looking to succeed in life, but rarely do we look at how to increase our capacity. Find relaxation and a road to healthy living through methods introduced in stress management workshops.

- ✓ *Powerful Breathing Techniques*
- ✓ *Learn the tendencies of the mind*
- ✓ *A Guided Meditation*
- ✓ *Practical Knowledge to help transform the untapped energy source within*

Venue: MTVAC

7950 Audubon Ave,
Alexandria, VA 22306

Dates: **Aug 21, 28 or Sept. 11**

Time: **7:00 pm to 8:00 pm**

Rohit: 214-693-0032

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***** This is a FREE workshop and you can attend one or all sessions at no cost**

THE UPSTAIRS LOUNGE IS CLOSED EXCEPT THOSE ATTENDING THE FREE STRESS MANAGEMENT WORKSHOP

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