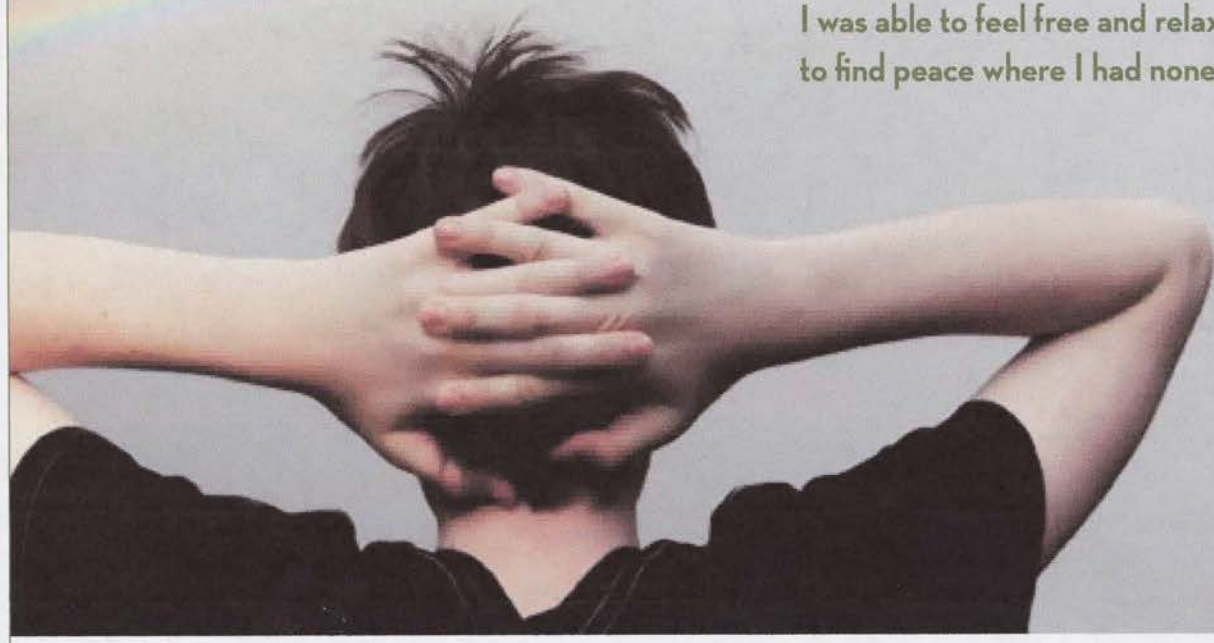


2006

Breathe

BE PART OF THE SOLUTION

“The course was much more than I expected. I was able to feel free and relaxed. I was able to find peace where I had none.”



Please join us for an evening of meditation and community. For those who have taken the Art of Living courses and for those who would like to learn more. Take this opportunity to hear about what IAHV and the Art of Living Foundation are doing to help New Orleans heal. Meet others who have taken the course. Share your thoughts about how we can better help NOLA with trauma and stress relief. Food will be served.

“The course gave me a feeling of peace, awareness, relaxation. Something that I did not think I would feel again..”

**TUESDAY AUGUST 22
6PM - 8PM**

Nirvana Indian Restaurant
upstairs in banquet hall
4308 Magazine St. (near Napoleon St.)
New Orleans LA 70115

PLEASE RSVP to 504.994.4990

