

Art of Living presents...

Get Happy SEATTLE

A TWO-DAY
IMMERSIVE EXPERIENCE

SUDARSHAN KRIYA & MEDITATION

JULY 7 & 8
6:30 PM - 9:30 PM

MEYDENBAUER CENTER, 11100 NE 6TH ST. BELLEVUE, WA 98004



"May be the fastest-growing spiritual practice on the planet"

yoga
JOURNAL

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CNN

"The easy breathing technique that can lower your anxiety 44%"

Prevention

UNPLUG, TUNE IN, GET REAL, GET HAPPY!

Sign up at: artofliving.org/GetHappySeattle

(844) HAPPY-WA / GETHAPPYSEATTLE@US.ARTOFLIVING.ORG