

#Breathe

#Meditate

#Connect

**Venue** 87 Club St, 3<sup>rd</sup> floor, Chinatown, 069455

**Dates** 14-17 Nov 2019

**Time** Thu-Fri 19:00-20:00

Sat-Sun 14:00-19:00

**Fee** Standard S\$350.00

Student/Senior S\$250.00

Repeat S\$150.00



# Happiness Programs @Club Street - Singapore

 Anu (9007 1273) / Shailesh (8299 4951)



Elephant Therapy & Training is proud to host and endorse The Art Living - Happiness program which brings profound transformation & growth, enabling a consistent wellbeing

The Happiness Program combines breathing techniques, meditation, knowledge about the mind and how to manage negativity with ease and success in a stressful world. This course features Sudarshan Kriya™, a breathing technique that uses specific rhythms of breath to detoxify every cell of the body and infuse it with energy. To register visit: <http://bit.ly/happinessclubst>