THE ART OF LIVING

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EMPOWERMENT FOR THE INNOVATIVE

WHAT:

• empowerment of volunteers from all walks of life, projects and groups
• encouraging belongingness and responsibility
• raising social capital
• transformation of structures and organizations

HOW:

• managing the presence
• burnout and stress management
• breathing techniques, tools and programs
• fostering organic structures
• leadership from within
POWER AND PASSION IS IN THE PRESENT MOMENT

• WE LIVE IT, APPLY IT and WE TEACH IT

• WE ARE SUCCESSFUL IN ADDRESSING PROBLEMS ALL OVER THE WORLD - WE SET A GOOD EXAMPLE:

  1. We organise project all over the world for only 5% of the budget
  2. Fastest growing NGO in the world
  3. The biggest NGO in the world
  4. Member of the UN - consultative Status with ECOSOC

The Art of Living is a not-for-profit, educational, and humanitarian NGO engaged in stress-management and service initiatives. The organization operates globally in 151 countries.
THE KEY IS IN THE BREATH

- disaster relief
- education
- rural development programs
- environmental care

- corporate social responsibility for volunteers
- APEX - achieving personal excellence for executives
- woman empowerment

- prison SMART program
- non aggression program for youth, teachers, parents
- youth leadership training program
A FEW EXAMPLES IN EUROPE

WORLDWIDE HUMANITARIAN PROJECT FOR YOUTH - YOGA RAVE ALSO IN SLOVENIA - healthy life style party

The World Forum for Ethics in Business - EUROPEAN PARIAMENT:
DO YOU WANT TO EXPERIENCE ONE OF THE TECHNIQUES NOW?