

## **Art of Living**

For a successful content life we need strength at both mental and physical level. Physical strength comes from health and mental strength comes from happiness.

The Art of Living Foundation presents the Health and Happiness Workshop by one of it's topmost international teachers, Swami Pragyapad on the 9th of September at the Delta Bow Valley Hotel, Downtown Calgary from 6.30 – 9.00pm. This workshop provides practical tools - to achieve, and maintain health and happiness in today's modern, hectic world. Tickets are available at 25\$ per person. For tickets or more information please contact Pankaj/Priti Trivedi 403 398 3642 or visit [www.artofliving.ca](http://www.artofliving.ca)

Also on the 8th of September art of living Calgary chapter will conduct Satsang, blessings and knowledge at the Hindu Mandir, NE, Calgary from 7.00 – 9.00pm. All are welcome.

Pankaj & Priti Trivedi  
403 398 3642