

His Holiness Sri Sri Ravi Shankar, founder of the Art of Living Foundation and the International Association for Human Values, has inspired a global phenomenon of caring, sharing and service, which has spread to over 140 countries across the globe. Through his personal interactions, teaching and humanitarian initiatives he has reached out to an estimated 300 million people worldwide.

## FOUNDER

H.H. Sri Sri Ravi Shankar's life and work have been dedicated to reviving human values and bringing about world peace and by inspiring individual commitment to self-awareness, well-being and selfless service. He presents the wisdom of ancient India-bringing together the knowledge of the breath, meditation, and the importance of service-and offers them as tools to humanity to promote joyous, peaceful living. Born in 1956 in India, Sri Sri studied with many renowned spiritual masters and became a scholar of Vedic Literature. By the age of seventeen, he had obtained an Advanced Degree in Modern Physics from St. Joseph's College, Bangalore University.

In 1982, Sri Sri founded the Art of Living Foundation (AOLF), an international nonprofit educational, charitable, and humanitarian organization which operates in consultative status with the Economic and Social Council of the United Nations. AOLF's unique educational and self-development programs offer techniques to alleviate the effects of stress, improve health, expand awareness, foster a sense of belongingness, and restore human values; these techniques bring people from all backgrounds, religions, and cultural traditions together in celebration and service.

In 1997, Sri Sri founded the International Association for Human Values (IAHV), an international humanitarian, non-governmental organization (NGO), which works for the propagation of human values in political, economic, industrial and social spheres.



*"The only true security that can be found in this world lies in giving love."*

– H.H. Sri Sri Ravi Shankar

Through the IAHV volunteer trauma relief and humanitarian efforts are carried out worldwide including Louisiana and Texas in the aftermath of Hurricane Katrina, Iraq, Israel, Lebanon, Afghanistan, Kosovo, Mexico, New York in the aftermath of the 9-11 terror attacks, India and throughout SE Asia following the tsunami.

Sri Sri regularly addresses many prestigious fora across the globe such as the European Parliament (2006, 2001),

World Economic Forum (2003, 2001) and the U.N. Millennium Peace Summit (2000). He has also addressed leading academic and research institutions in the United States, including the National Institute of Health, NASA Goddard Space Flight Center, Yale University (where he was inducted as an honorary board member of the Yale Divinity School), Stanford University, UCLA, University of California at Berkeley, Columbia University and Florida International University.

Sri Sri travels to over 40 countries a year to share his message that all religions and great spiritual traditions share common goals and values. His simple teaching of love, practical wisdom and service promotes harmony among people, and encourages individuals to follow their chosen religion or spiritual path while honoring the path of others.

P.O. Box 50003  
Santa Barbara, CA 93150  
800.897.5913  
[www.artofliving.org](http://www.artofliving.org)

The Art of Living Foundation is dedicated to serving society by strengthening the individual. We do this by offering programs that eliminate stress, create a sense of belonging, restore human values, and encourage people from all backgrounds, religions and cultural traditions to come together in celebration and service.

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As a Non-Governmental Organization (NGO), The Art of Living Foundation works in special consultative status with the Economic and Social Council (ECOSOC) of the United Nations, participating in a variety of committees and activities relating to health and conflict resolution. We also conduct a number of educational programs and in partnership with the International Association for Human Values (IAHV), we carry on various humanitarian service projects that:

#### UPLIFT THE INDIVIDUAL

Friendliness, compassion, love and caring – these human values are part of us, yet most of the time they are covered by a veil of stress. A disease-free body and a stress-free mind are the birthrights of every human being, yet we have never been taught how to handle our negative emotions. The Art of Living Foundation offers simple and effective techniques that alleviate the effects of stress and increase joy and enthusiasm in daily life.

#### MAKE A DIFFERENCE IN THE COMMUNITY

Serving others is an expression of joy, an expression of love; through service to humanity we can expand our individual boundaries. When we focus on how we can be useful to the people around us and to the whole world, our hearts blossom and a new dimension opens within us. Volunteer projects are integral to the Art of Living. The Foundation emphasizes social responsibility and inspires individuals to give back to their communities.

#### FOSTER GLOBAL CHANGE

Today there is a great need for all of us to move from limited identifications of nationality, race, religion and culture to a broader understanding of the unity of human life, which can help to bring about a more peaceful world. The founder of the Art of Living Foundation, His Holiness Sri Sri Ravi Shankar, travels the world addressing various forums to foster human values and spread a message of unity among all traditions.

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The Art of Living Foundation (AOLF) is an international nonprofit educational and humanitarian organization with a presence in over 140 countries around the world. Founded in 1981 by His Holiness Sri Sri Ravi Shankar, the Foundation has special consultative status with the Economic and Social Council (ECOSOC) of the United Nations and is dedicated to empowering communities by strengthening individuals. Through a wide array of programs and grass-root initiatives, the foundation works in the following six key areas:

- **SELF-DEVELOPMENT PROGRAMS:** The AOLF's unique Self-Development programs are based on ancient breathing techniques, meditation, and modern group dynamics, and cater to every age group and section of society. Over 20 million people from all walks of life worldwide have benefited through these programs to alleviate the effects of stress and increase joy and enthusiasm in daily life.
- **CONFLICT RESOLUTION:** The AOLF has been instrumental in promoting peace and harmony in conflict stricken areas such as Afghanistan, Kosovo, Iraq, Sri Lanka, Kashmir and Israel. The program includes techniques that create a sense of belongingness and deeper understanding of the diversity of life. It has been very successful in opening lines of communication between opposing groups and creating a platform for open dialogue.
- **TRAUMA RELIEF:** The AOLF's Trauma Relief program has brought much needed relief and support to hundreds of thousands of people following both man-made and natural disasters, such as 9/11 New York, South Asia Tsunami, Beslan Floods, and Hurricane Katrina. In addition to providing medical attention, essential supplies, and shelter, the program is comprised of stress-elimination workshops and self-help groups that equip trauma victims with the confidence and the ability to combat post-trauma stress disorder (PTSD).
- **YOUTH EMPOWERMENT:** The AOLF offers customized stress elimination and training programs for high-achieving, mainstream, at-risk and rural youth. These programs work to create responsible young leaders and reduce youth based violence. Successfully implemented in South Asia, South Africa, the Middle East and Latin America, the foundation has also been working with several school districts in the United States and with youth in New Orleans.
- **PRISON PROGRAM:** The AOLF's Prison Program enables prisoners, guards, police and parole officers, judges, and other participants to effectively deal with stress and anger, break the cycle of violence, and helps with reintegration of prisoners into society. Through this program, the foundation has reached approximately 175,000 prisoners in countries including the USA, Russia, Netherlands, Scandinavia, Brazil, Great Britain, Germany, South Africa, United Arab Emirates and India.
- **SUSTAINABLE DEVELOPMENT:** In efforts to support socio-economic growth at grass-root levels, the AOLF has reached out to more than 25,000 villages implementing the 5H program - Health, Homes, Hygiene, Harmony in Diversity and Human Values. Besides 5H program it has initiated programs in the areas of chemical free farming, natural resources management, vocational training and women empowerment.

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