

## **H.H. Sri Sri Ravi Shankar to teach 10,000 Londoners how to be happy**

*By Art of Living Foundation*

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*H.H. Sri Sri Ravi Shankar is making a rare London appearance to conduct a program entitled Health and Happiness – providing practical tools and techniques on how to achieve better health and wellbeing in the modern world.*

His Holiness Sri Sri Ravi Shankar, founder of the Art of Living Foundation, has inspired a global phenomenon of promoting and celebrating diversity and service. Following Art of Living's Silver Jubilee celebrations in India, where 2.5 million people attended the world's largest ever spiritual conference, His Holiness will be conducting a program in the UK entitled Health and Happiness – providing practical tools and techniques on how to achieve better health and wellbeing in the modern world.

Inarguably the most multi-faceted humanitarian in the world today, his global, community and individual initiatives range from conflict resolution and prison reform, to personal development courses – developed by H.H. Sri Sri Ravi Shankar, these courses offer simple and effective techniques for eliminating stress, resolving conflict and improving health.

His Holiness's visit to London was prompted by an invitation to the House of Commons to receive an award in recognition of his peace initiatives. Following his visit to the UK, he will be one of the first spiritual leaders to visit Baghdad at the request of the Iraqi government.

Last month H.H. Sri Sri Ravi Shankar unveiled his proposed Universal Declaration of Human Values to 200 delegates at the Kennedy Centre, in Washington D.C. This Declaration provides a pragmatic vision for the world community, representing a roadmap to foster understanding and harmonious coexistence among different people and cultures. Drafted in the form of a proposed resolution of the United Nations General Assembly, this Declaration emphasises the urgent need to rekindle human values in society in order to resolve the serious challenges facing the world today.

Notes to editors:

Health and Happiness with His Holiness Sri Sri Ravi Shankar

Friday 18th May 2007, 7.30pm

Wembley Arena

Box office: 0870 060 0870

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