



| horgen

Atemübungen und Meditation

11. September 2026, 18:00 Uhr – 13. September 2026 bis 21:00 Uhr

Entdecken Sie die Geheimnisse alter Atemtechniken und Meditationspraktiken. Überzeugen Sie sich selbst davon, wie Sudarshan Kriya™ Ihre geistige und emotionale Gesundheit grundlegend verändern kann. 1 Milliarde Menschen in 180 Ländern haben bereits von unserem Atemkurs profitiert.



THE ART OF LIVING, SWITZERLAND
Art of Living Part 1 (Art of Breathing)
Explore the secrets of breath and harness the power of the mind



INHALE GOOD HEALTH, EVERYDAY!

Within the breath is the unexplored secret of life.
And Sudarshan Kriya™ is the key to it.

11-13 SEPTEMBER 2026
3 DAYS • 3 HOURS PER DAY • AGE 18+

NOW IN HORGEN! Approx. 100 m from SeeSpital

This workshop gives you a fantastic daily toolkit for mental wellbeing

BREATHE. MEDITATE. RECONNECT.
Scan to register



LEARN SKY BREATH

The exclusive breathing technique of the Art of Living

Numerous scientific studies validate the emotional, physical, mental and spiritual benefits of the regular practice of Sudarshan Kriya™



SKY BREATH

Within the breath is the unexplored secret of life. And Sudarshan Kriya™ is the key to it.

Sudarshan Kriya™ - a powerful breathwork technique will empower you to deal with stress, anxiety, and any curveball life throws at you.

Breath is the main source of prana – the vital life-force energy. Prana is the very basis of health and well-being for the body and mind. When the prana is high, one feels healthy, alert, and energetic. Sudarshan Kriya™ elevates the prana by flushing out more than 90% toxins and accumulated stress, everyday.

ART OF LIVING PART 1 (ART OF BREATHING)

In this course, you will learn:

Sudarshan Kriya™: Discover Art of Living's world-famous, patented breathing exercise that has helped over 1 billion people achieve better mental health.

Yoga Beyond the Body: Practice specific yoga exercises and poses to boost your physical health, mental clarity, emotional stability and spiritual oneness.

Mechanics of Mind: Learn how to manifest your intentions better by learning how to still your mind and marshal your thoughts.

Guided Meditations: Dive deeply into powerful yet effortless guided meditations for stress that will help you find your sea of zen.

Link to register is <https://aolreg.org/CHC1116251>

Veranstaltungsort

HORGEN
8810 HORGEN, ZÜRICH

Weitere Information

near SeeSpital

Allgemeine Angaben

Kontaktperson: Uma
Tel. +41765057098
umamuthuraaman@gmail.com
<https://aolreg.org/CHC1116251>

Kosten

Regular CHF 340.00
Student CHF 240.00
Repeater CHF 140.00

Tickets

[Tickets bestellen](#)

Kontakt

The Art of Living, Switzerland

“The Art of Living is more of a principle, a philosophy of living life to its fullest. It is more a movement than an organization. Its core value is to find peace within oneself and to unite people in our society – of different

cultures, traditions, religions, nationalities; and thus reminding us all that we have one goal to uplift human life everywhere.” - Gurudev Sri Sri Ravi Shankar