



# Open Day of the new Art of Living Center Eindhoven

## *Invitation*

This new year begins with the opening of our Art of Living Center in Eindhoven!

We warmly welcome you to visit the open day. See, feel, taste through our yoga, meditation and Ayurveda food workshops. We will also introduce the Art of Living and the Happiness Program.

Our activities support Eindhoven's residents to nurture peace within themselves, their own neighborhoods, and ultimately extend further to the world. Therefore, the activities promote inner peace to outer dynamism!

We invite you to our open day to energize, relax and be happy together with your family and friends!

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Date: Saturday, 9 February 2019

Time: 10:30 – 17:00 (doors open at 10:00)

Place: Breitnerstraat 2F, 5611TV Eindhoven

Admission: Free

Free Parking only on Breitnerstraat or Praxis parking lot (5 min. walk to the Center)

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### *Program*

10:30: Opening ceremony – Casual, celebratory moment with welcoming word

11:00- 11:45: Informative session on “Mind Matters for Agility and Resilience”  
Discover the benefits of managing your mind for creativity, innovation, business and managing times of change.

12:00 - 13:00: Meditation and Meal (limited space- registration required)  
Experience deep rest through meditation and energize the body with wholesome Ayurveda lunch. Register now: [eindhoven@aofl.nl](mailto:eindhoven@aofl.nl) ph: 0611861690

14:00 - 16:00: Breathe – Meditate – Connect sessions (sessions at 14:00; 14:45; and 15:15)  
Join yoga, meditation, games. Connect with others and make it a refreshing, inspirational day.

16:00: Closing and sing – a – long  
Enjoy live music that sparkles and makes you feel energized!



**EINDHOVEN**

This event was made possible  
by the municipality of Eindhoven!