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HEALTH & WELLNESS



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**April 3rd 2014: The Art of Living: How This Practice Can Change Your Life**

How can the art of breathing, meditation, yoga, and happiness through this authentic teaching change your life? Be inspired by Annelies Richmond's story from a successful dancing career (the last half with the Metropolitan Opera in New York City) to teacher, teacher trainer and director of Yesplus/university programs of the Art of Living Foundation USA, and what pivotal moments in her life lead her to find her true passion and healing which inspires thousands today. Annelies believes strongly that to change the planet, we need to empower our young people with the tools to lead happy and succ

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#### Featured Guest



##### Annelies Richmond

Annelies Richmond - international teacher and teacher trainer of personal development, meditation, yoga, and leadership programs for the Art of Living Foundation. She is currently the director of Teacher Training for the Art of Living Foundation USA

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