The Maurya School, Palam Vihar, Gurgaon

Ref. No.: TMS/16/P/98 (Circular for Classes VI to VIII) Date: 12th July, 2016

Dear Parents

We are organizing a program titled ‘Art Excel’ by the ‘Art of Living’ for our students from the 19th to the 22nd of July during the school hours. This program helps children develop a healthy respect for themselves and others. The simple breathing techniques taught in the program, which include Sudarshan Kriya, give children the tools to overcome negative emotions such as fear, nervousness, anxiety, frustration, jealousy, etc. easily. The entire program is playful, effortless, engaging and fun, and all exercises and processes are designed specifically for this age group.

Children learn simple tenets for daily life, which brings up friendliness, forgiveness and respect. The ‘Art Excel program’ is the best way to introduce children to spirituality, nurture human values, inculcate self-discipline and develop their personality to be healthy and well-rounded. Some of the benefits of the program are:

- Overcome negative emotions like fear, anxiety, anger, frustration, etc.
- Improve ability to concentrate and remember
- Increase joy, creativity & a sense of well being
- Overcome stage fear
- Learn to work in a group and overcome difficulties with peers
- Co-operation
- Simple tenets to deal with everyday problems
- Importance of breath, yoga and meditation
- Make new friends everyday
- Complete personality development
- Introduction to spirituality and Indian heritage
- No more breathing problems

We urge you to enroll your ward for the ‘Art Excel’ program. The art of living is conducting the ‘Art Excel’ program at a special fee valid for schools @ Rs 600 per child.

Kind Regards

Shalini Bajaj
Head of the School

Consent Form

I, the parent of ____________________________ of Class/Sec ______ am sending herewith an amount of Rs. 600/- as the enrolment fee for ‘Art Excel’ by the ‘Art of Living’.

Parent’s Name & Signature ____________________________