



Stress Buster Session using Beyond Breath - an Introduction to SKY Breath Meditation

Parents, Guardian, Faculty and Staff of CA, please join us to discover effective strategies for stress management, personal growth, and enhanced parenting. Whether you are new to meditation or looking to deepen your practice, and regardless of your experience with parenting challenges, this session offers valuable insights and practices for everyone. Let us come together to create a space of learning, healing, and community support.

We look forward to welcoming you to this special session and sharing this experience together.

Date: April 3, 2024 from 6:30-8pm in the CA Dining Hall.

Presenters: Rajesh and Dhvani Kanumury (Art of Living Foundation)

Sponsored: CAPSA (Columbus Academy Parents of South Asia) and the Office of Diversity and Community Life

What to Expect:

In our journey through the complexities of life and the challenges of parenting, the quest for serenity and understanding becomes paramount. Recognizing the profound impact of stress on our well-being and the pivotal role of stress-free parenting in the nurturing of our children, we are thrilled to extend an invitation to a transformative experience designed to empower you with the tools to navigate life's challenges with ease and foster deeper connections with your children.

Join us for a special 90-minute "Beyond Breath" introductory session, enriched with the insights of the "Know Your Child" module. This unique opportunity offers a dual exploration into the profound benefits of SKY Breath Meditation and practical wisdom to enhance your understanding and relationship with your child. This session promises an enriching journey into using your breath to instantly alleviate stress and master emotional resilience.

Beyond offering immediate relief from stress, the SKY Breathing techniques and "Know Your Child" insights provide a pathway to lasting peace, enhanced well-being, and a deeper understanding between you and your child.

- **Evidence-Based Techniques:** Discover scientifically validated breathing practices through the SKY Program, shown to relax the nervous system, enhance calmness, and promote overall well-being.
- **Immediate Stress Relief:** Learn how to use your breath as a powerful tool to immediately reduce stress levels, improving your ability to handle stressful situations with grace and ease.
- **Deepened Parent-Child Connections:** Gain insights into your child's world, enhancing your ability to communicate, understand, and connect with them on a deeper level.
- **Effortless Meditation:** Experience an ancient meditation practice that allows the conscious mind to effortlessly settle into a deep state of relaxation, fostering increased energy and significant stress reduction without any effort.
- **Stress-Free Parenting:** Understand the critical link between a parent's emotional well-being and the optimal development and happiness of their children. Discover how becoming more centered and stress-free can lead to better grooming, nurturing, and upbringing of our children.