

# **GREEN DRINKS - HONG KONG**

**presents**

**“The Art of Living”**

**on**

**Wednesday, 8 December 2010**

**Philia Lounge, 4-8 Arbuthnot Road, Central**

**<http://www.philialounge.com>**

**Networking starts at 7:30 and the speaker will start at 8pm**

In our general education we are taught many things. We learn to read and write, we learn something of science, mathematics, geography, and history. Some delve into music and art. Unfortunately, the most fundamental of knowledge has not been taught; how to manage one's own mind and emotions to develop and enjoy the fullest of what human life can offer. No other knowledge is more valuable in determining the quality of one's life.

This month at green drinks we warmly welcome our speaker Neelam Daswani, an Art of Living teacher, whom will share with us her wisdom and knowledge about how we can maximize our potential and happiness in life through simple techniques such as the Sudarshan Kriya. This is a breathing and meditation technique to eliminate stress, focus the mind, and open yourself up to all the possibilities in your life.

Can the breath lead to greater mental awareness? Is it possible to lower stress hormone levels by inhalations? Can the breath prevent hypertension and coronary heart disease? There is a science behind how the breath heals the body and meditation can bring focus and clarity.

“We need to do a cleansing process within ourselves. In sleep we get rid of fatigue, but the deeper stresses remain in our body. Sudarshan Kriya cleanses the system from the inside. The breath has a great secret to offer.”

- Sri Sri Ravi Shankar

If you too have something interesting to tell and share please let us know, so that we can plan you in for one of the next green drinks. And as always - feel free to bring friends and colleagues and spread the word!

The Philia Lounge will offer us their happy hour deal - 2 for 1 on standard drinks including mocktails, wine and beer.

Best wishes,  
HK Green Drinks Team

### *About Green Drinks*

Green Drinks is an informal monthly opportunity for anyone interested in environmental & social issues, sustainable development and CSR to meet, chat, and network. It's a self-organising network, there are no fees, so make sure to spread the word to friends and colleagues. London Green Drinks has been a regular event since 1989, and there are now nearly 100 green drinks networks worldwide. Now Hong Kong has one, too. Visit [www.greendrinks.org](http://www.greendrinks.org) for the full global list.

Each month we will be having one or more '5 minute chats' starting at 8 pm. The idea is to provide an opportunity for those who want to introduce an organisation, a new campaign, or a new issue to the rest of us. There will be an informed audience from a wide range of backgrounds, so this new forum will facilitate spreading new ideas. If you'd like to speak at a '5 minute chat' for future months or know somebody else who might, please send an email to [greendrinkshk@gmail.com](mailto:greendrinkshk@gmail.com).