



# Art of Living Foundation

*a nonprofit educational organization*

**SAMPLE**

CONTACT:  
name & phone # only

## Media Advisory/PSA

for immediate release:

**Who:** Art of Living Foundation

**What:** The Art of Living Basic Course, our 6-day introductory workshop

**Where:** (Name of place / address)

**When:** Day of the week, Date, & Time of first meeting/class

**Cost:** \$250.00 regular, \$125.00 students. Seniors with limited incomes pay the student rate.

\* All proceeds benefit the Art of Living Foundation, a nonprofit educational and charitable organization. For further information, please call the local Art of Living office at (local phone number). (**Teacher's Note:** if offered on a donation basis, you should notify other teachers in your area so everyone is aware)

**T**he Art of Living Foundation's Basic Course is an introduction to the health-enhancing secrets of the breath and knowledge about the true art of living. Based on ancient Vedic knowledge, the course has been taught to over a million people, including many in this area, and has received world-wide recognition. Art of Living courses are designed to restore health on every level: mental, physical, emotional, and spiritual. The Art of Living Foundation is an educational and humanitarian organization that offers educational programs in more than 100 countries around the world.

Life is short - Make your life a celebration!

#####

*we care for the world and we care for you*

---

Art of Living Foundation, P.O. Box 50003, Santa Barbara, CA 93150 (800) 897-5913 [www.artofliving.org/](http://www.artofliving.org/)