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## **Art of Living to cross border**

### **Express News Service**

**Mumbai, July 16:** FIRST came the cultural exchanges, with pop bands, film stars and the like. Now the thaw in Indo-Pak relations is moving on into spiritual gear.

A month or so after the visit of Dr Syedna Mohammad Burhamuddin, leader of the Dawoodi Bohras, Sri Sri Ravi Shankar now plans to embark on a peace mission to Pakistan.

As part of his Love Moves the World global tour—it has touched over 80 cities—Sri Sri will visit Karachi and Islamabad for four days. On the agenda are meetings with President Pervez Musharraf, informal talks with religious heads and social activists in Karachi and Islamabad.

“He will also meet leaders of the Jammu and Kashmir Liberation Front,” says Naeem Zamindar, an engineer at Intel, who quit his job to teach in Karachi.

Currently, the foundation has over a thousand students in Pakistan and the number is fast increasing, says Zamindar.

The tour aims to emphasise that Art of Living does not find its base in religion, but is a means to popularise stress-relieving breathing techniques.

The meetings in Karachi will be open only to invitees due to security reasons, whereas the Islamabad meet will be a public gathering. On July 20, an open satsang will be held in Karachi.

“The security in Karachi was only at the Pakistani government’s insistence, we have no concerns,” confirms Ramesh Raman, a trustee of the Maharashtra Vyakti Vikas Kendra.

### **Spiritual spice**

Sri Sri’s four-day peace mission to Pakistan commences on July 19  
Sri Sri Ravi Shankar will finalise plans to set up an Art of Living centre at Karachi

The foundation has over a thousand students in Pakistan