



**SRI SRI INSTITUTE FOR ADVANCED RESEARCH**  
Bengaluru, India

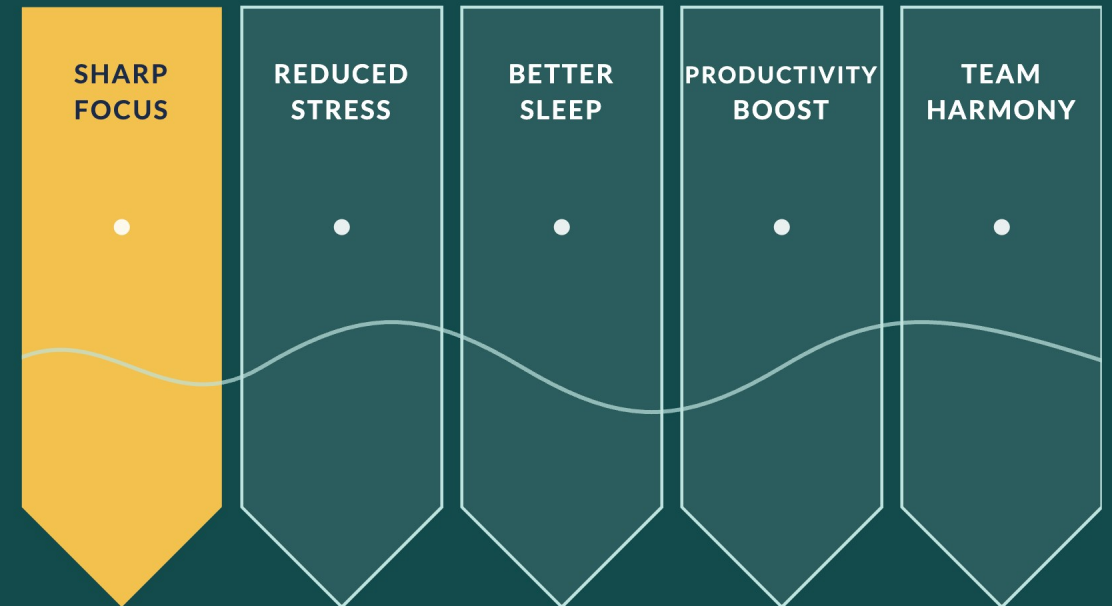
• INTERACTIVE FLASHCARDS

**SKY IN FOCUS • WORKPLACE**

# The Calm Advantage

SKY at Work

Five benefits corroborated by independent research: focus, stress, sleep, productivity and team harmony.



IIT Gandhinagar • Harvard University • Tata Institute of Social Sciences • NIMHANS • Indian Institute of Management, Indore • University of Oslo

Selected research findings • Sri Sri Institute for Advanced Research

[research.artofliving.org](https://research.artofliving.org)

# Effects of SKY Across Populations





# Two Sides of the Same Coin



Subjective understanding is **spirituality**.

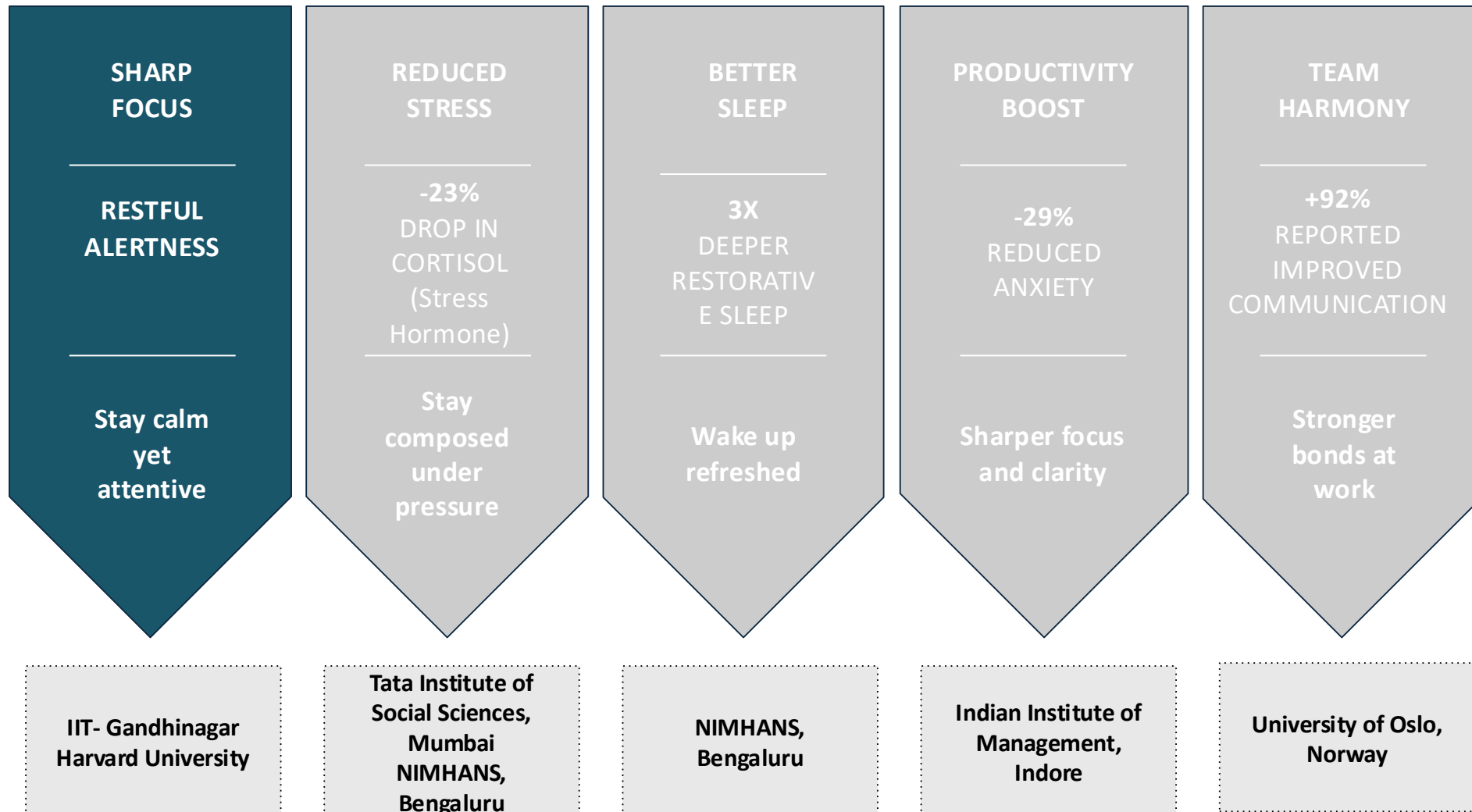
Objective analysis is **science**.

Science and religion have been at loggerheads,  
but not spirituality as it encourages a **spirit of inquiry**.

- Gurudev Sri Sri Ravi Shankar

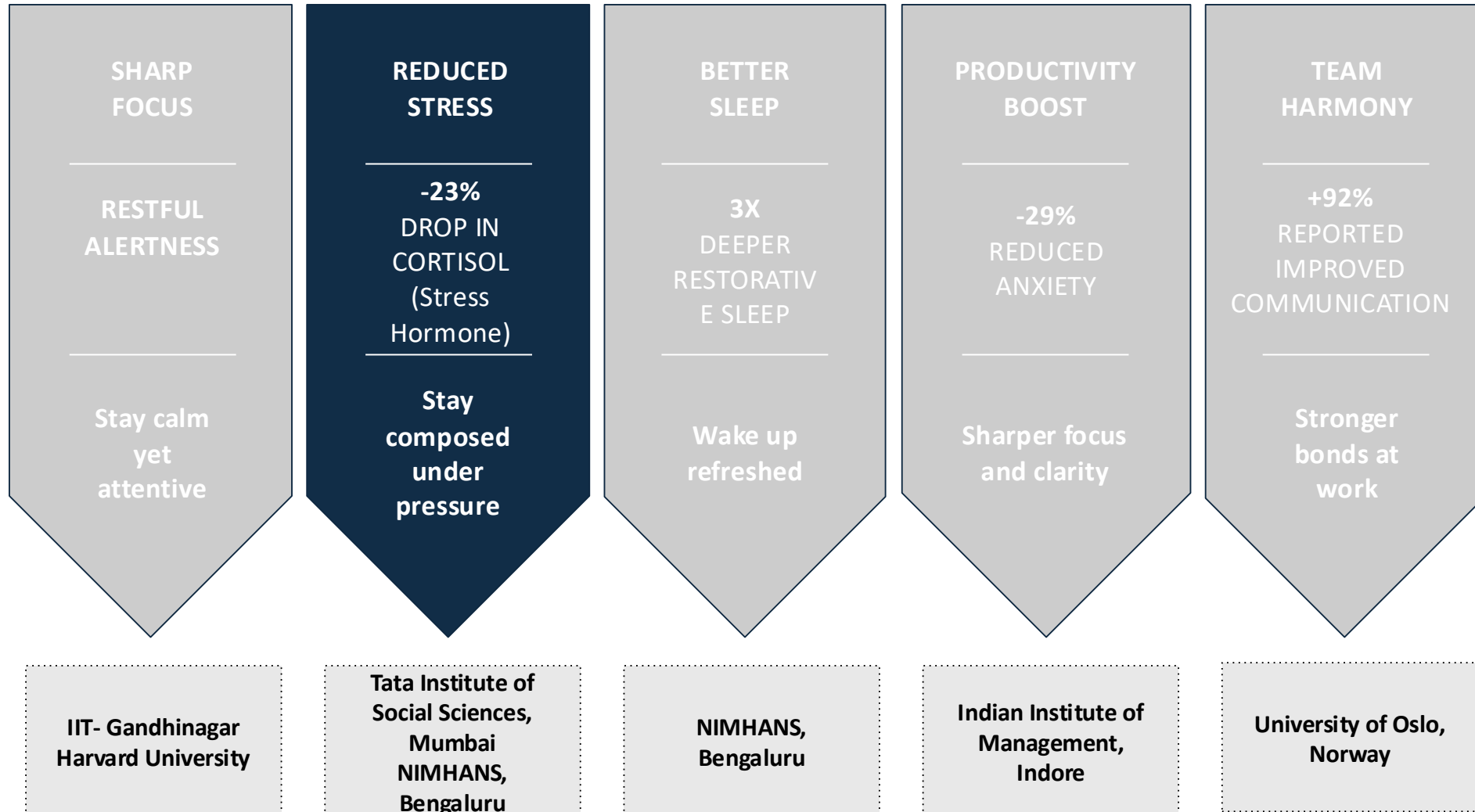


# Proven Benefits of the Program Corroborated by Independent Research



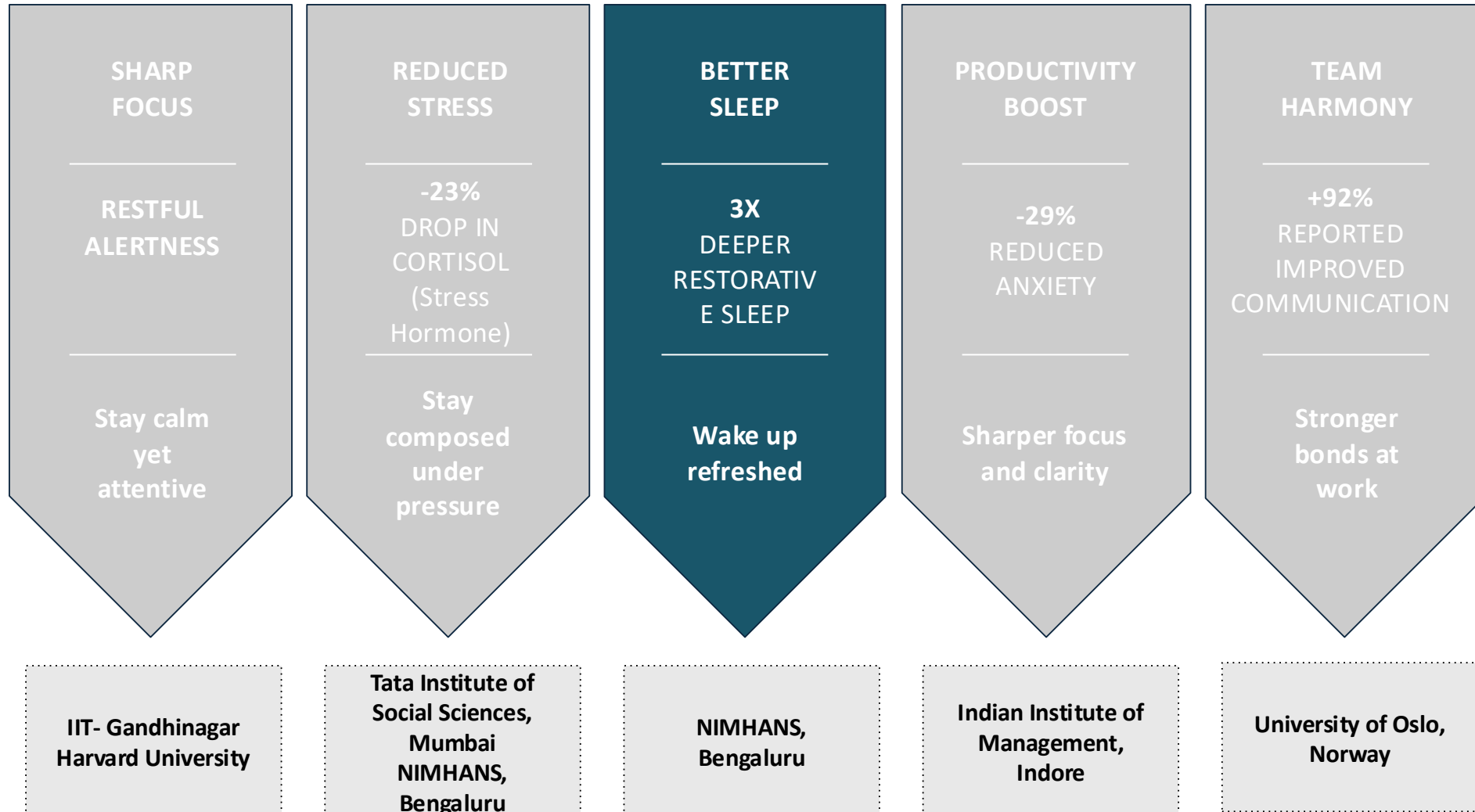


## Proven Benefits of the Program Corroborated by Independent Research



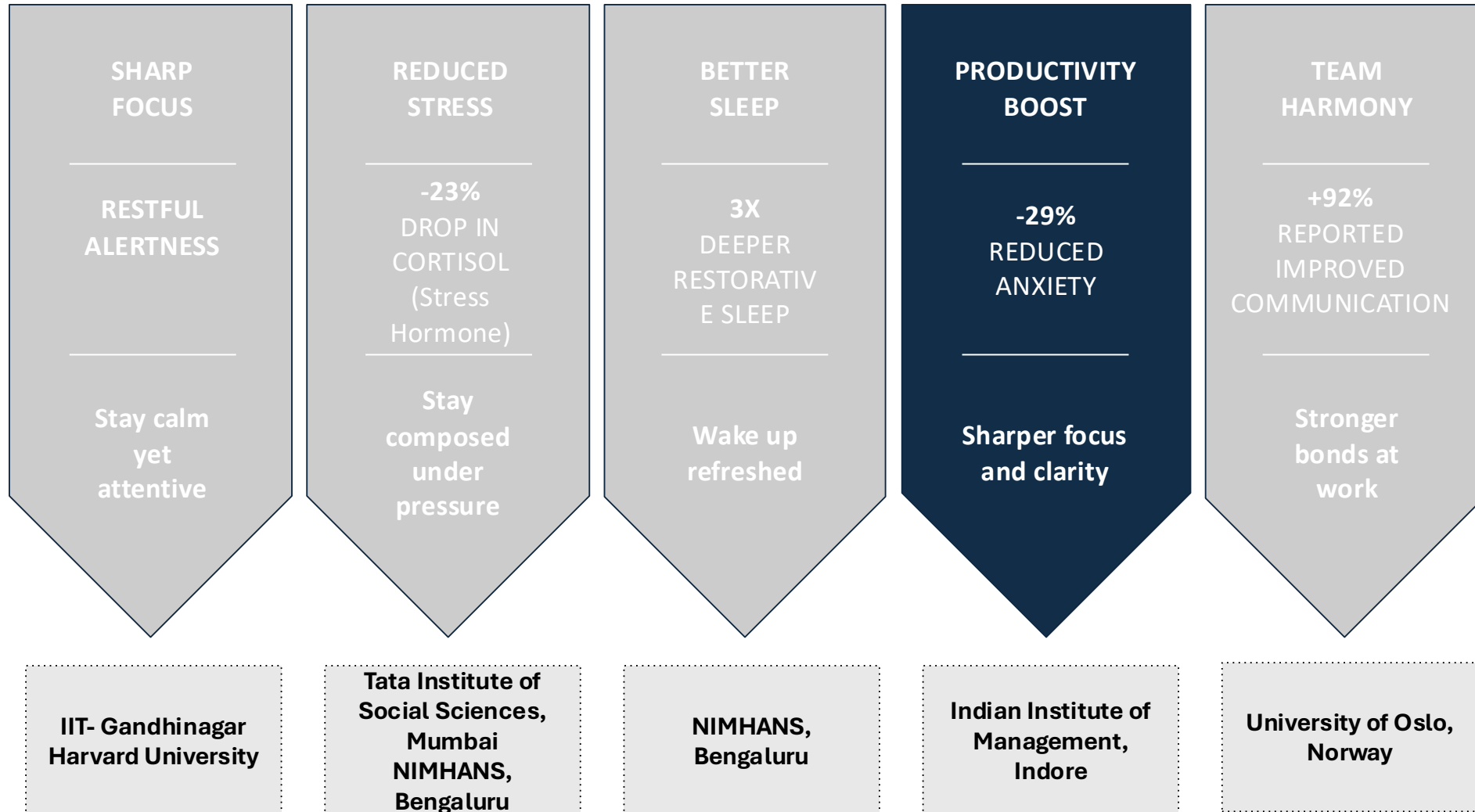


## Proven Benefits of the Program Corroborated by Independent Research



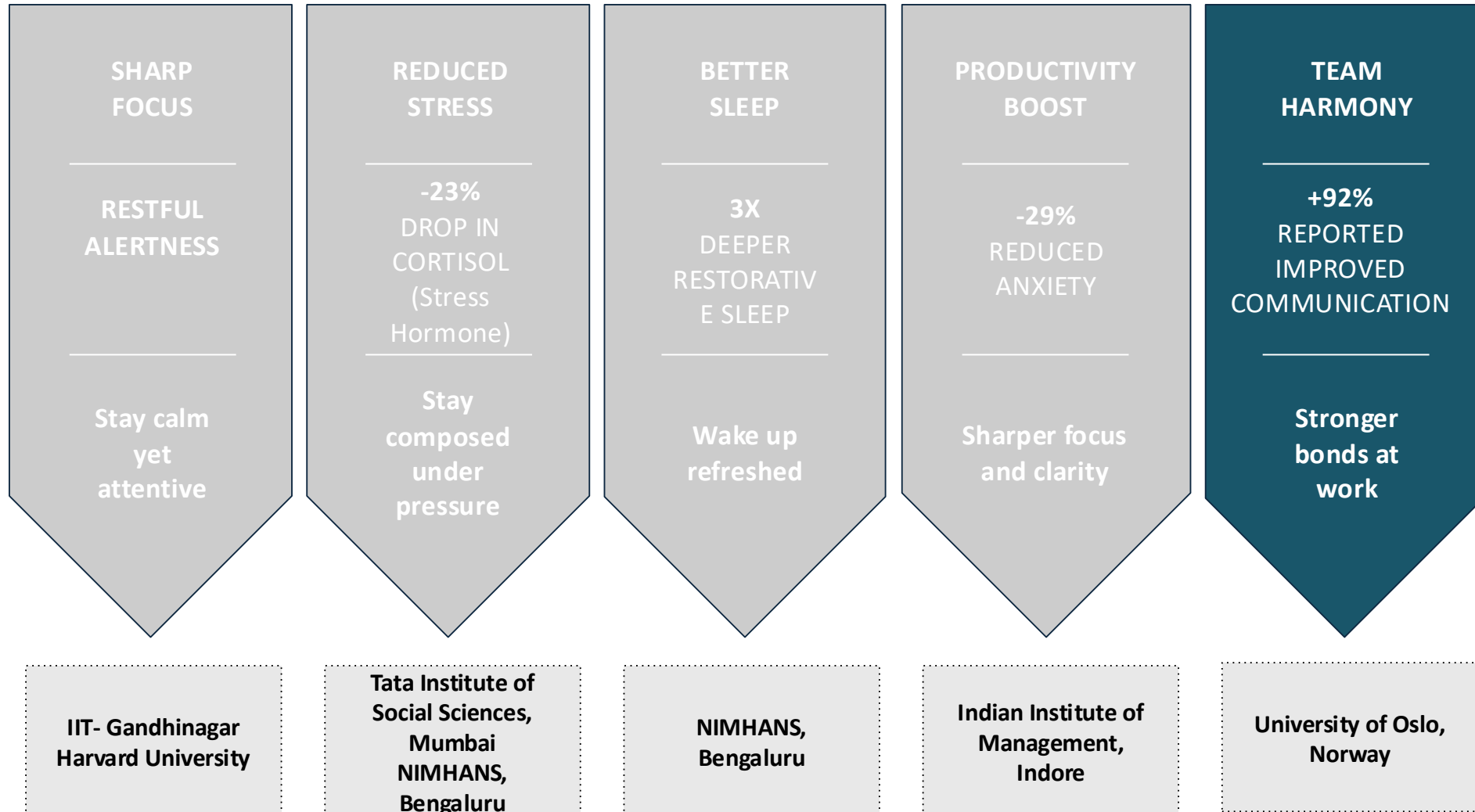


## Proven Benefits of the Program Corroborated by Independent Research





## Proven Benefits of the Program Corroborated by Independent Research





## Proven Benefits of the Program Corroborated by Independent Research

