

Globally Renowned Gurudev Sri Sri Shankar Brings 'The Journey Within' Wellness Event to Portland

Once-in-a-decade opportunity for Oregonians to experience meditation, wisdom, and resilience with Gurudev at the Oregon Convention Center

PORTLAND, OR, UNITED STATES, September 25, 2025 / EINPresswire.com/ -- The [Art of Living Foundation](#) and the [International Association for Human Values](#) will host [The Journey Within: Meditation, Wisdom, and the Art of Living Joyfully](#), a landmark wellbeing event led by globally renowned humanitarian and spiritual leader Gurudev Sri Sri Ravi Shankar on Monday, October 20, 2025, at the Oregon Convention Center. This will mark Gurudev's first appearance in Portland in nearly a decade, offering a rare opportunity to experience transformative meditation, timeless wisdom, and deep connection.



Event Details

Where: Oregon Convention Center - Oregon Ballroom

When: Monday, October 20, 2025 | 7:00 PM

Tickets: Starting at \$45 | aolf.me/jw-portland

This event arrives at a critical time for Portland. Gurudev's scientifically validated breathwork and meditation practices have already created meaningful change across the city's most respected institutions:

- Portland State University (PSU): More than eight SKY Campus Happiness workshops have transformed hundreds of student lives in the past four years.
- Oregon Health & Science University (OHSU): Faculty and students continue to integrate SKY practices into stress-management programs.
- City of Portland: Through a \$45,000 Safer Portland Grant, the International Association for Human Values is bringing SKY Breathwork programs to at-risk youth and local schools, launching an innovative approach to reducing violence and fostering resilience.

Now, the broader Portland community will come together for a once-in-a-decade collective experience with Gurudev himself.

The evening program will feature guided meditation, practical wisdom talks, and timeless insights that can be applied to everyday life. Even first-time meditators will experience profound stillness, while seasoned practitioners will deepen their inner journey.

“The real purpose of life can only be found deep within yourself,” said Gurudev Sri Sri Ravi Shankar. “Once that is found, nothing else matters and the smile on your face will never diminish.”

As founder of the Art of Living Foundation, Gurudev has inspired a global movement for peace, mental well-being, and social transformation. His teachings have uplifted over 800 million lives across 180 countries, making him one of the most influential spiritual leaders of our time.

Join the mindfulness movement in Portland for this rare opportunity to experience Gurudev live and learn practical tools to access joy, balance, and inner peace.

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About Gurudev Sri Sri Ravi Shankar

Gurudev Sri Sri Ravi Shankar is a global humanitarian, spiritual leader, and peace envoy. He has helped millions of people worldwide find peace and resilience in the face of adversity, learning not only how to excel in their own lives, but also how to become effective agents for social change.

Gurudev has created numerous educational and self-development programs and tools that facilitate the elimination of stress and foster deep and profound inner peace, happiness and well-being for individuals. His flagship program is the SKY Breath Meditation, which has been tailored for special-needs groups, while his many other programs for self-care and self-improvement all together represent a comprehensive way to help deal with issues faced by the people of the world.

As a proponent for the Gandhian principle of non-violence, Gurudev has mediated and progressed negotiations for peace in conflict-stricken areas such as Sri Lanka, Iraq, Venezuela, and Colombia, where he is credited for playing a central role in ending the violent 52-year conflict between FARC and the Colombian government. He has received 39 governmental awards, including the highest civilian awards from several nations. Twenty-four universities have awarded him with honorary doctorates for his peace-keeping and humanitarian efforts.

About Art of Living Foundation

Operating in 180 countries, The Art of Living Foundation (AOLF) is a non-profit, educational and humanitarian organization founded in 1981 by the renowned humanitarian and spiritual leader Gurudev Sri Sri Ravi Shankar. All of AOLF's programs are inspired by Gurudev's philosophy of creating world peace through a stress-free and violence-free society. AOLF has touched over 800 million lives through numerous educational and self-development programs and tools that facilitate the elimination of stress and foster deep and profound inner peace, happiness and well-being for individuals.

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