

Raja Yoga Meditation by Brahma Kumaris



Shanthi Mandir, 2006 Holly Ave, Columbia, MO 65202

Saturday, March 3, 2018, 10:30 am -12:00 noon

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Rajayoga is an ancient technique of mediation taught and practiced by the Brahma Kumaris which enables one to connect to the self and the Supreme. It is a practical method of meditation that helps people understand their inner strengths and values and put them into practice in their lives.

Brahma Kumaris World Spiritual Organization provides opportunities for people from all backgrounds to explore their own spirituality and learn skills of reflection and meditation derived from Raja Yoga, which help develop inner calm, clear thinking and personal well-being.

Speaker: Sr. Priya, coordinator of Brahma Kumaris St Louis branch is a Raja yoga meditation practitioner and teacher since 2002. Her talks are practical and inspirational. She has also served in Los Angeles and New York area.

Open to All! Free of Charge! Contributions Accepted!