



LEARN TO **MEDITATE**

Brahma Kumaris **Bronx** – New York

Raja Yoga Meditation is the type of meditation taught by the Brahma Kumaris in all centers and class locations.

More and more people are adding some kind of meditation to their daily routine, either as an effective antidote for stress, or as a simple method of relaxation. It is a way to enhance the quality of one's life.

Meditation enables us to create new attitudes and responses to life, providing a spiritual understanding of ourselves. It is the process of rediscovering and using our positive qualities and of learning to appreciate the positive qualities in others. Like any skill, meditation requires practice to become a natural and easy habit.

The introductory 'Raja Yoga' **Meditation Foundation Course** includes eight sessions

Please contact us for information on:

- The Meditation Foundation Course
- Bi-monthly Insight Discussions
- **Other programs** in the Bronx
- **Schedules** and **appointments**

The Brahma Kumaris

(www.brahmakumaris.org)

The work of the Brahma Kumaris is inspired by the vision of a world where every individual can develop to his or her full potential as a human and spiritual being. Nationally, the Brahma Kumaris World Spiritual Organization has had a presence since 1978 and now has 23 centers throughout the United States. Internationally, the organization was established in 1937, and has a network of 9,000 centers in more than 120 countries

Global Harmony House

The Regional Headquarters

46 South Middle Neck Road
Great neck, New York 11021
516-773-0971

Global Harmony House serves as the Regional Headquarters of the Brahma Kumaris for the Americas and the Caribbean. It is open to people of all traditions, backgrounds, and beliefs.

For more information and schedule of the program they offer

Email: newyork@brahmakumaris.org

Website: www.brahmakumaris.org/us/newyork/

CONCERNED ABOUT THE WORLD?

Join us for

WORLD MEDITATION HOUR

Spread peace, love, and care to our world

Third Sunday every month

6:30pm – 7:30pm

Experience a Minute of Silence

www.just-a-minute.org

Contact Information: Carmen Palmer - Phone: 718-994-0765, e-mail: bkbronx2.ny@gmail.com

*Courses are offered **free**, as community service, by the Brahma Kumaris World Spiritual Organization
Voluntary contributions are welcome.*

