



The Art of _____ _____ Staying Light

Saturdays | 11:00am -12:00pm

Toronto Airport Interfaith Centre

at Canada arrivals, across from door A, besides Tim Hortons
Arrivals level 1, Terminal 1
Toronto Pearson International Airport

Join us for these light, interactive sessions designed to lighten the mind, shift the perspective, and deepen the peace within.

Presented by the Brahma Kumaris
3000 Islington Avenue
Toronto, ON M9L 2L1

Phone: 416-537-3034
Website: toronto.brahmakumaris.ca

This program is offered **free of charge** as a community service.



BRAHMA KUMARIS

June 3

Happy Hearts and Minds

June 10

Power of Courage

June 17

Journey Within

June 24

Relaxing the Mind