



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

416-537-3034
toronto.brahmakumaris.ca

 @bk_toronto

 BrahmaKumarisToronto

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

February 3

Journey Within

February 10

Acts of Goodness

February 17

The Inner Eye

February 24

Thoughts That Heal