



# 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

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 @bk\_toronto

 BrahmaKumarisToronto

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

**April 07**

**Celebration of the Spirit**

**April 14**

**The Beauty of Higher Self**

**April 21**

**The Language of Feelings**

**April 28**

**The Soul Awakened**