



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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toronto.brahmakumaris.ca

 @bk_toronto

 BrahmaKumarisToronto

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

 BRAHMA KUMARIS

March 3

Celebration of the Spirit

March 10

The Beauty of the Higher Self

March 17

Discovering Our True Identity

March 24

Healthy Relationships

March 31

Seeking Silence