



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.

June 2:

Embracing Forgiveness

June 9:

Letting Go

June 16:

Emotional Freedom

June 23:

The Heart of Well-Being

June 30:

Connection with the Divine



BRAHMA KUMARIS