



# 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.

**JULY 07**

**The Secrets of Raja Yoga**

**JULY 14**

**The Power of Love**

**JULY 21**

**Rethink Your Mindsets**

**JULY 28**

**Stress-Free Living**