



# 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](http://toronto.brahmakumaris.ca)

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 BrahmaKumarisToronto

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

**August 04**

**Relaxing the Mind**

**August 11**

**Be Inspired, Be Happy**

**August 18**

**Exploring Spiritual Treasures**

**August 25**

**The Principle of Consequences**