



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.

September 01

The Healing Power of Happiness

September 08

Healthy Relationships

September 15

Make Your Mind Best Friend

September 22

Stability and Strength

September 29

Contentment