



# 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

 @bk\_toronto

 BrahmaKumarisToronto

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

**October 06:**

**Discovering Meditation**

**October 13:**

**Self-Management**

**October 20:**

**The Gift of Peace**

**October 27:**

**Awaken Your Inner Wisdom**