

Being Light and Easy in Times of Chaos

Saturday Workshop Series – July 2020



Saturday, July 11, 2020

4:00 - 6:30 PM PDT Workshop

6:30 – 7:30 PM PDT One Hour Guided Meditation

Break out of the thoughts, feelings and actions that freeze or limit your clear and solution-driven process of being. Experiment with pathways of internalizing the cause and effect of the passing moments in a way that produce tranquility and maintain order in your life. Allow yourself the freedom to be unlimited in your imagination. Learn to be Master Creator of Solutions. You are requested to please contemplate and write down 3 obstacles/problems you are presently facing. In order to take full benefit please come ready to have fun and participate. A gentle reminder to please do your best to check in on time — keeping things light and easy.

Facilitator of the Insightful Dialogue will be **BK Santiago (Santi) Navila**, Creative Producer and Organizational Strategist by profession and a practitioner of Raja Yoga Meditation for over 20 years.

Venue: Los Angeles Brahma Kumaris Raja Yoga Meditation Center **Zoom Room**

Login Link: <https://zoom.us/j/99768784784>

Meeting ID: 997 6878 4784

Please email us at: **losangeles@us.brahmakumaris.org**
to receive the Secure **Password** to enter the Zoom Room.

If you do not have the Zoom App, you may download for free either on your computer, laptop, iPad or smartphone and then join the session by entering the meeting via link/password upon receiving it.