

Daily Online Meditation

Self-Care Time – August 2020



Mondays - Sundays 6:30 - 7:30 PM PDT

Take a break for silence of the mind through a guided meditation in a peaceful and relaxing atmosphere. No experience needed, simply your time-out and presence.

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.

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