

Introduction to Zoom Raja Yoga Meditation

Two-Weeks Online Series – August 2020



Online Introductory Meditation Course

Week 1: August 3, 5 and 7, 2020

Week 2: August 10, 12 and 14, 2020

7:45 to 8:45 PM PDT

No Prerequisite required.

In this introductory course, we will explore the foundations of Raja Yoga. Journey back into the experience of peace, harmony, and inner power through this unique form of meditation. We will introduce the spiritual identity of the soul and experience how our daily actions & choices influence the main functions of the soul - the mind, intellect, and impressions. We will explore the power of thoughts and how they can bring harmony and build better relationships in our lives. We will also discover methods to understand and connect with the unconditional love of the Source. When we keep ourselves full of this precious gift, we have so much more to give others!

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.