

'INTRODUCTION TO RAJA YOGA'
Shanthi Mandir, Columbia, Missouri
SATURDAY, March 3, 10:30 AM- 12.00 Noon

About 35 people attended the 'Introduction to Raja Yoga Meditation' program at the Shanthi Temple.



Ravi Thawani and Visala Pal, President and Committee Member of the Shanthi Mandir welcoming Sr. Priya, Brahma Kumaris, St Louis



North India, Sindhi and South Indian community were part of this group and Sr. Priya gave a lecture on Raja Yoga for one hour and everyone was given guided meditation experience for 20-25 minutes with Q& A at the end. BK Deepa and BK Dhanalakshmi also helped in the program. Everyone was given Toli's at the end.



