

# BRAHMA KUMARIS CANADA CELEBRATES THE UNITED NATIONS INTERNATIONAL DAY OF YOGA

# 2021 SERVICE REPORT

## UNITING HEARTS AND MINDS FOR HEALING

4-Video Series in partnership  
with the High Commission to India (Ottawa).

### THE HEALING SPACE

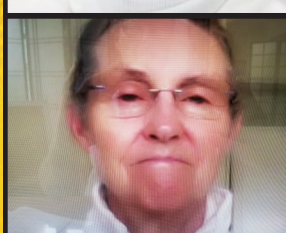
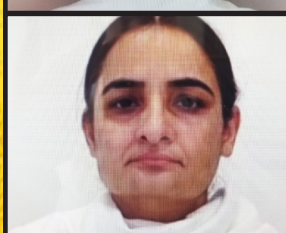
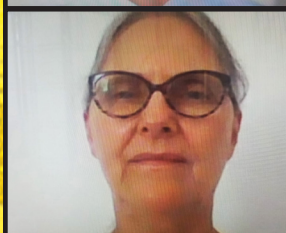
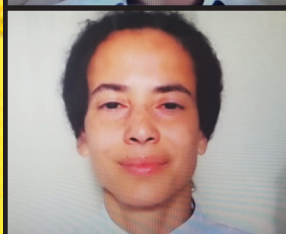
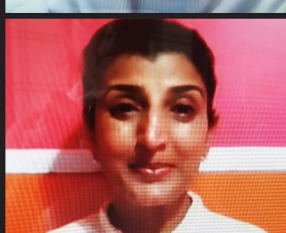
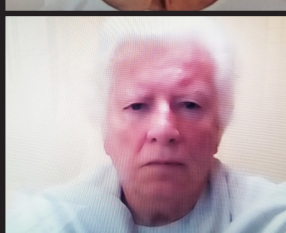
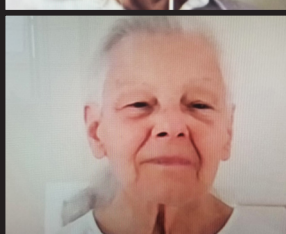
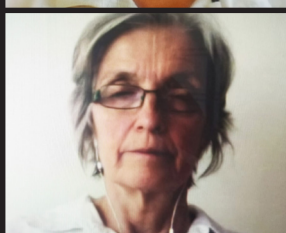
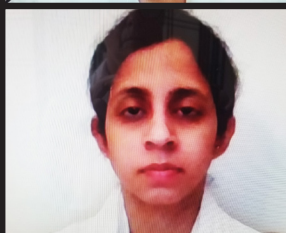
An 8-hour online space of  
benevolent peace and soothing calm.

### OPEN MINDS...HEALTHY MINDS

A partnership event with Canada India Foundation,  
featuring BK Sister Shivani and Hon. Michael Tibollo,  
Minister for Mental Health and Addictions (ON, Canada).

### CURTAIN RAISER PROGRAMME

Sr Claudia, Coordinator of the Vancouver Centre,  
conducted an online meditation experience as part of  
the IDY 2021 program hosted by the  
Consulate General of India (Vancouver).



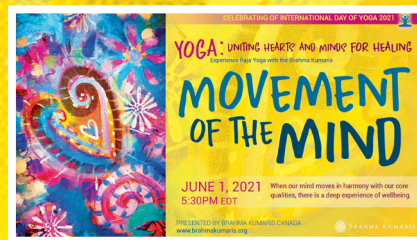
## UNITING HEARTS AND MINDS FOR HEALING

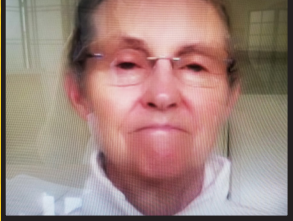
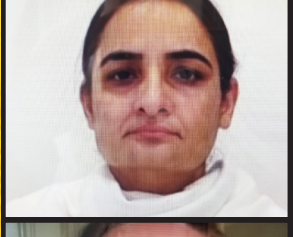
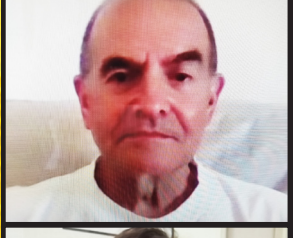
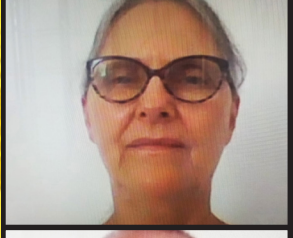
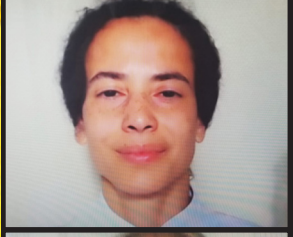
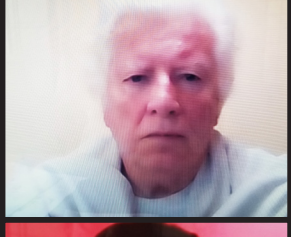
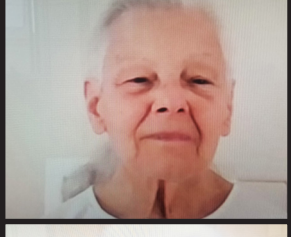
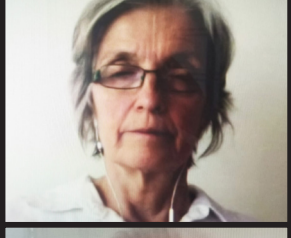
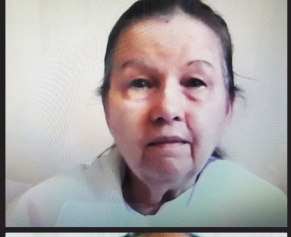
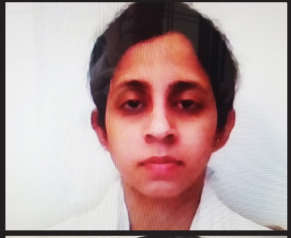
Our vision for the International Day of Yoga 2021 was to support India with a wave of healing energy.

In response to an invitation from the High Commission to India (Ottawa), we created four, half-hour videos presenting different approaches to Uniting Hearts and Minds for Healing. We used MOVEMENT in each, as most people associate yoga with movement.

To access the videos, click on icons below, or find entire playlist at:

<http://tiny.cc/HealingHeartsMinds>



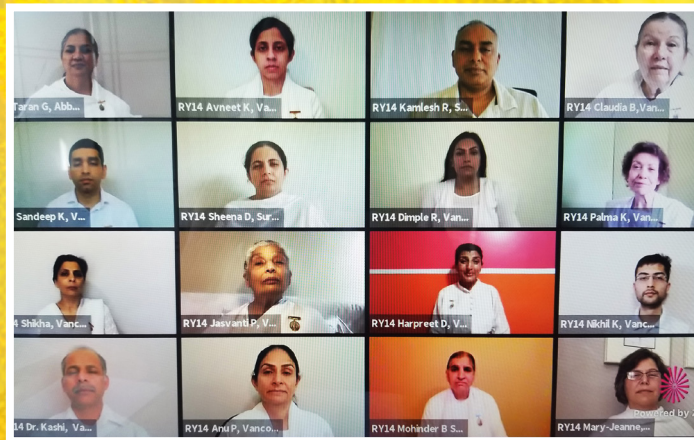


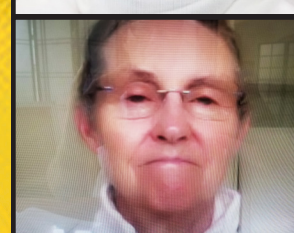
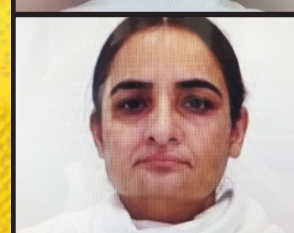
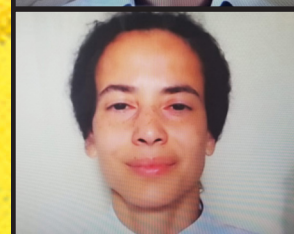
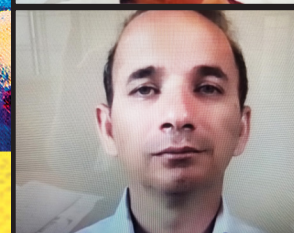
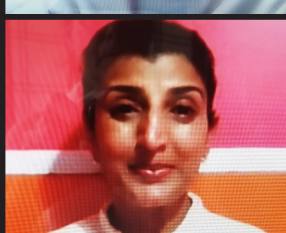
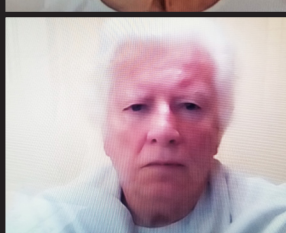
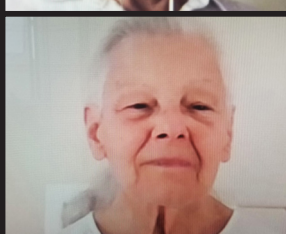
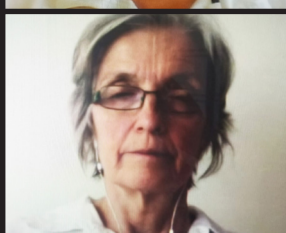
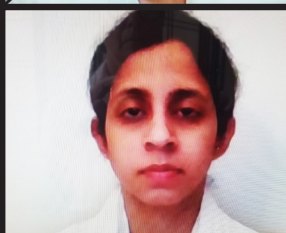
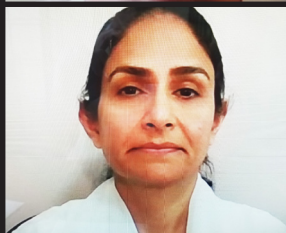
# THE HEALING SPACE

On Sunday, June 20, in honour of the 2021 International Day of Yoga, Brahma Kumaris Canada offered an 8-hour online space of benevolent peace and soothing calm. In what felt like a 'Living Dilwara Temple', a powerful atmosphere of spiritual vibrations was generated continuously by over 200 Raja Yogis from BK Centres across Canada. This wave of healing silence from coast-to-coast rippled across the country ... flowing out into the world. All were welcome to join whenever and as often as they liked, and soak up the healing vibes.

Every 30 minutes, powerful messages from Mohini Didi (Addl Administrative Head of the Brahma Kumaris World Spiritual University) and Eric Le Reste (National Coordinator, Canada) were shared. Hosted on Zoom, the program was simultaneously streamed to Youtube and Facebook Live.

<https://www.youtube.com/watch?v=pp4T3lpYPBM>





## OPEN MINDS...HEALTHY MINDS

This program, which including sharing from Sister Shivani, created a great impact not only on Minister Tibollo, but also the High Commissioner, Consul General of Toronto and the attendees from the over 600 Mental Health Organisations in Ontario.

To enjoy the recording, go to:

<https://youtu.be/eMFn8b6hJeE>



## CURTAIN RAISER PROGRAMME

Sr Claudia, Coordinator of the Vancouver BK Centre, guided souls through a meditative explanation of Raj Yoga. To access the recording, go to:

<https://fb.watch/6ag5XBZ2rS/>

