

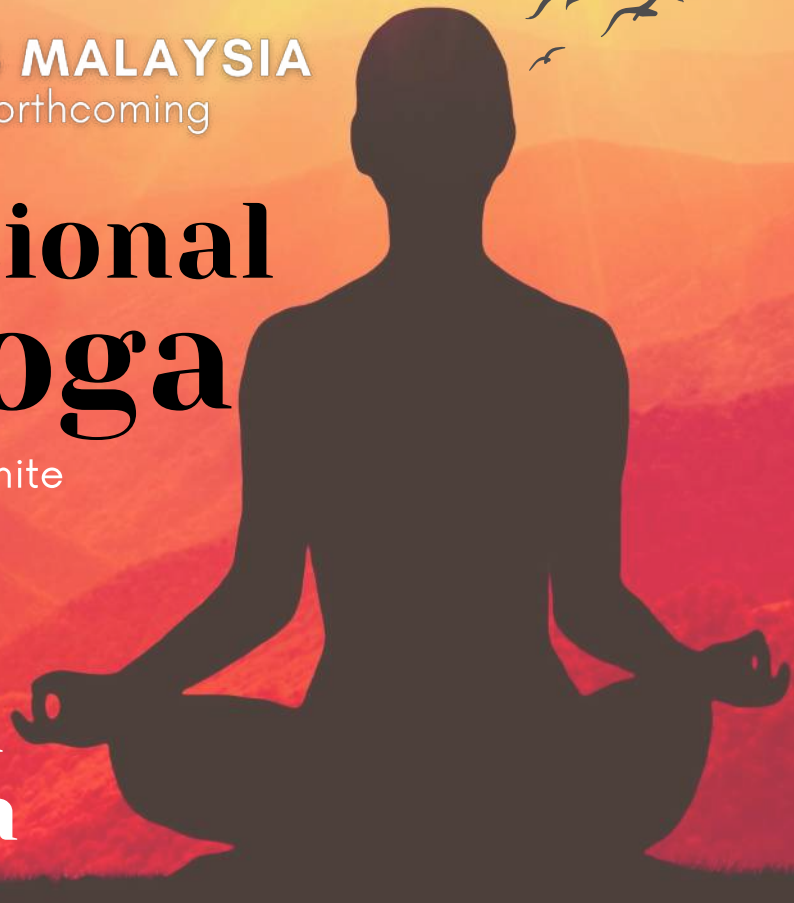


BRAHMA KUMARIS MALAYSIA
Joint Celebration of the forthcoming

UN International Day of Yoga

Re-emerge, re-awaken and re-unite
with your authentic self

20 June 2021
Sunday | 7:45 pm



Opening Address by

H.E. Shri Mridul Kumar

Indian High Commissioner to Malaysia

- Hatha Yoga Demonstration
- Talk 1: Holistic Benefits of Yoga
- Talk 2: Healing Body, Mind and Spirit through Ancient Raja Yoga

All are welcome!

Speakers



Dedicated to UN
International Day of Yoga
www.un.org/en/observances/yoga-day



Supported by
Indian High Commission
Malaysia

सत्यमेव जयते



**BK Rajayogini
Meera Nagananda**

Director, Brahma Kumaris Malaysia



**BK Rajayogini
Sujatha Rathi**

Certified Health, Dietetics & Nutrition Expert
Professional Fitness Advisor & Trainer
Global Hospital, Mt. Abu, India

Zoom Link : <https://bkmevent.live/UN-IntYogaDay> (Tamil, Chinese & Hindi Translation Provided)

For More Information: BK Bhajo (+60 12-332 5243)