



Anubhuti  
MEDITATION & RETREAT CENTER

BRAHMA KUMARIS  
WORLD SPIRITUAL ORGANIZATION

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## Health and Wellness: Ayurveda, Pranic Healing and Raja Yoga Meditation

Sat, Jun 20, 10:00 am to 5:00 pm Pacific Time - Join Us Online



### ***Keeping Safe, Resilient, and Healthy***

As we surf through the pandemic, the challenges and changes we meet can help us either move forward, or undermine our health and resilience. Learn how to be stable, well, calm and nourished at all three levels-body, mind and emotions, to achieve optimal health and wellness throughout your lifetime. [more info](#)

### ***Special Guest Facilitators:***

***Padma Rao, Rammohan Rao, Denise Lawrence***

see website for bios and login info

**[Register - Health and Well Being Online Sat, Jun 20](#)**

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## PUNJABI Raja Yoga Meditation Course Online

Jun 21 - 27, Sun - Sat; 7 consecutive days of instruction

Pacific Time: 10:30 am to 12:00 pm

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**Class topics: Who Am I, About God, Three Levels of Consciousness, World Cycle, Karma, Powers of the Soul, Foundation of Meditation, and Spiritual Lifestyle**

**Zoom**

**login:** <https://brahmakumaris.zoom.us/j/9633771599?pwd=MGRJZ2FyUXd2NU1Hb2p5NFBFeTJidz09>

Meeting ID: 963 377 1599 password: 032720

**[Register - PUNJABI Raja Yoga Meditation Course Online Jun 21-27](#)**

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**English Raja Yoga Meditation Course Online**

**Wed, Jun 24 - Sat, Aug 1**

**12 sessions of instruction twice a week**

**Pacific Time: Wednesdays and Saturdays 5:30 pm to 7:00 pm**



**Class topics: Who Am I, About God, Three Levels of Consciousness, World Cycle, Karma, Powers of the Soul, Foundation of Meditation, and Spiritual Lifestyle**

**Zoom**

**login:** <https://brahmakumaris.zoom.us/j/9633771599?pwd=MGRJZ2FyUXd2NU1Hb2p5NFBFeTJidz09>

Meeting ID: 963 377 1599 password: 032720

**[Register - English Raja Yoga Meditation Course Online Jun 24 - Aug 1](#)**

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We continue to provide online spiritual sustenance with ongoing classes and programs. You are welcome to share these with your contacts.

**All times are Pacific Daylight Time**

[Here is a timing converter if needed](#)

**Creative Meditation:**

Fridays, 6:30 pm to 8:00 pm

Saturdays, 10:00 am to 11:30 am

Sundays, 10:30 am to 12:00 noon

**Evening Workshops/Talks:**

**Sundays, 5:00 to 6:30 pm-**

**Karma, Destiny and Choice series with Denise Lawrence**

Mondays, 7:00 to 8:30 pm - different weekly topic

Tuesdays, 7:00 to 8:30 pm - different weekly topic

**Thursdays, 6:00 to 7:30 pm-**

**Convergence of Psychology and Spiritual work with Denise Lawrence**

**Conference Login Details for programs above:**

Join Zoom Meeting

<https://zoom.us/j/3582083701?pwd=R3ZZN2lKekpyMDE1Yzd3VmpFdEdpUT09>

Meeting ID: 358 208 3701

Password: 18011969

One tap mobile

+16699009128,,3582083701# US (San Jose)

+13462487799,,3582083701# US (Houston)

Dial by your location

+1 669 900 9128 US (San Jose)

+1 346 248 7799 US (Houston)

+1 646 558 8656 US (New York)

+1 253 215 8782 US

+1 301 715 8592 US

+1 312 626 6799 US (Chicago)

Meeting ID: 358 208 3701

Password: 18011969

Find your local number: <https://zoom.us/j/912345678>

For more info about any of the programs, please visit the events pages on the [San Francisco Center](#) or [Anubhuti](#) websites.

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**Online Resources:**

[Live and Meditate with Ken O'Donnell](#)

[Release Your Wings](#)

[Sister Shivani Youtube English Videos](#)

[America Meditating - Pause for Peace](#)

[Meditation for Beginners](#)

[Learn Meditation Online](#)

[About the Brahma Kumaris](#)

[Vegetarian Cooking Demos - Yum Yum Yogi](#)

[Meditation Lounge](#)

[15 Min. Meditation on Discovering Yourself - Sr. Shivani](#)

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