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**Anubhuti**  
MEDITATION & RETREAT CENTER

**BRAHMA KUMARIS**  
WORLD SPIRITUAL ORGANIZATION

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## **English Raja Yoga Meditation Course Online**

**Thu, Jul 23 - Sun, Aug 23**

**10 sessions of instruction twice a week**

**Pacific Time: Thursdays and Sundays 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://zoom.us/j/3582083701?pwd=R3ZZN2lKekpyMDE1Yzd3VmpFdEdpUT09>**

**Meeting ID: 358 208 3701**

**Password: 18011969**

**[Register - English Raja Yoga Meditation Course Online Jul 23 - Aug 30](#)**

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## **HINDI Raja Yoga Meditation Course Online**

**Sat and Sun - 5 weekends**

**Jul 25, 26 Aug 1, 2, 8, 9, 15, 16, 22, 23**

**Pacific Time: 10:00 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 - HINDI Raja Yoga Meditation Course Online Jul 25 - Aug 23](#)**

**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:**

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

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

**Conference Login Details for programs above:**

Join Zoom Meeting

<https://zoom.us/j/3582083701?pwd=R3ZZN2IKekpyMDE1Yzd3VmpFdEdpUT09>

Meeting ID: 358 208 3701

Password: 18011969

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Dial by your location

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+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/3582083701>

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