

1. On Wednesday Sept 30th between 10am -6pm , please post the video and the body text across FB, IG & Twitter. Video is attached in a separate file.

Take a deep breath. Learn some of the mysteries behind breathing, Oct. 2 at Breathe Peace 3:30 at the convenience of your own home. Breathe Peace. See you there. Join Us On YouTube Watch live: <https://linktr.ee/bkny> #BreathePeace #meditation #mindfulness #peace #breathe #performance #peaceofmind

2. On Friday Oct 2nd between 10am - 12pm, please post the following images with text on its corresponding social media platform accordingly.



Twitter image:



Twitter text:

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FB image:


peace  in the park 


Breathe Peace
Friday, Oct 2nd 2020
3:30pm-5:15pm (EST)

A virtual celebration dedicated to
UN International Days of Peace
and Nonviolence


*Oxygen is to the body
as peace is to the soul.*

Guest Speakers


 **Gayatri Naraine**
Representative of
Brahma Kumaris at UN

 **Pastor Ryan Campbell**
Director, International Youth
Fellowship and Christian Youth
Association, Syracuse

Emcee

 **Michelle Schimel**
Public Official and
former New York State
Assemblywoman

To attend, watch live or know more,
visit <https://linktr.ee/bkny>

Organized by  BRAHMA KUMARIS **#BreathePeace**

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#BreathePeace

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