

# Brahma Kumaris celebrate International Day of Yoga in London June 2023

Brahma Kumaris in the UK offered and contributed to many events to celebrate UN International Day of Yoga on 21st June. Here is some news of just two events in the London area:

## at London's Trafalgar Square

**Tuesday 20th June 9am to 11am**



International Day of Yoga was celebrated at Trafalgar Square in London in a wonderful event organised by the **Indian High Commission in London** and backed by the **Mayor of London**.

The storm clouds dispersed just in time and hundreds of people from different traditions and backgrounds took to their yoga mats to practise this greatest gift of India to the world.

**The High Commissioner of India H.E. Mr Vikram Doraiswami, Deputy High Commissioner Mr Sujit Ghosh, Director of Nehru Centre Mr Amish Tripathi**, along with other ministers and staff, all took part in two hours of yoga, led by people from different traditions.

Brahma Kumaris students were present and actively participated in the yoga and to the feeling of unity and mutual respect across the various traditions of yoga.

The morning was also attended by a group of schoolchildren on a visit to London - who were invited on stage along with the dignitaries.



*BK Students with Minister of Coordination Mr Deepak Choudhary*



# Wellbeing at the Docks – Museum of London Docklands

**Wednesday 21<sup>st</sup> June 8.30am to 5pm**



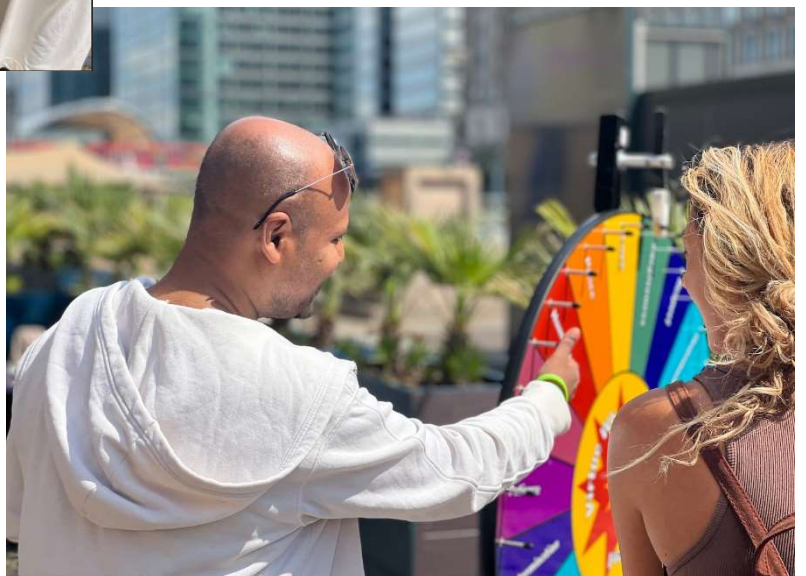
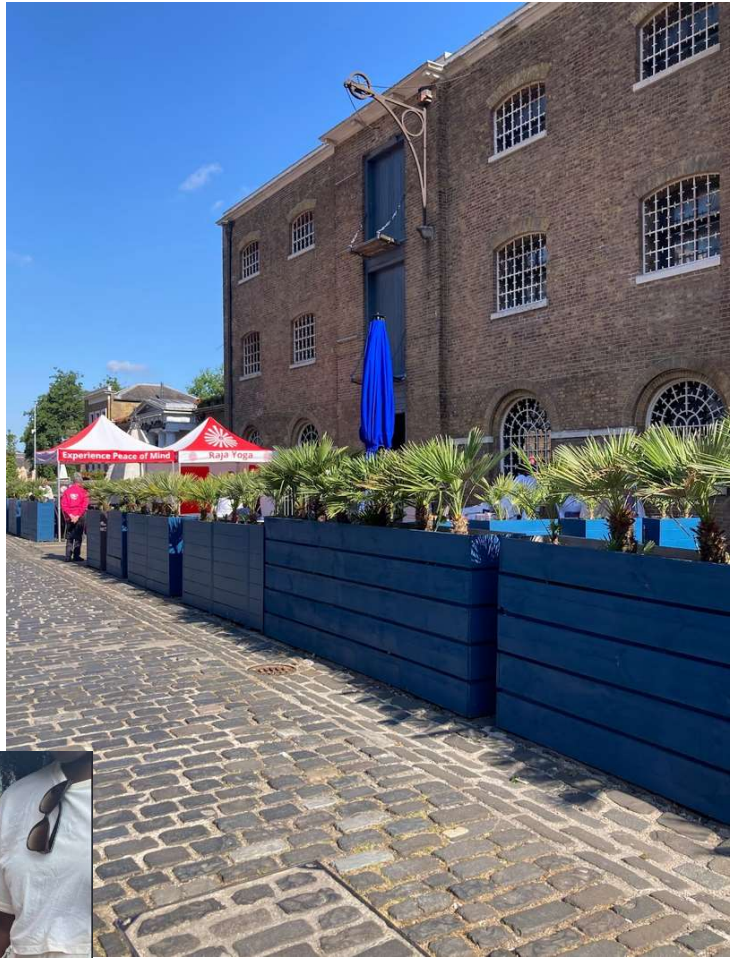
## **Celebrate wellbeing and International Day of Yoga**



Students from Global Cooperation House in London teamed up with the **Museum of London** and **Maison Mangrove** to create a special one day event entitled: *Wellbeing at the Docks* at the Museum of London Docklands at West India Quay, Canary Wharf – a location surrounded by large corporate buildings and the history of the docks.



All day long Brahma Kumaris ran free **Raja Yoga Meditation sessions, talks, games and activities** - including the **Virtue wheel**, the **Emergency Optimist** and **Guiding Star Cards** - with an opportunity to take a selfie with yourself with **butterfly wings** under the heading 'Self Reflection leads to Transformation'.



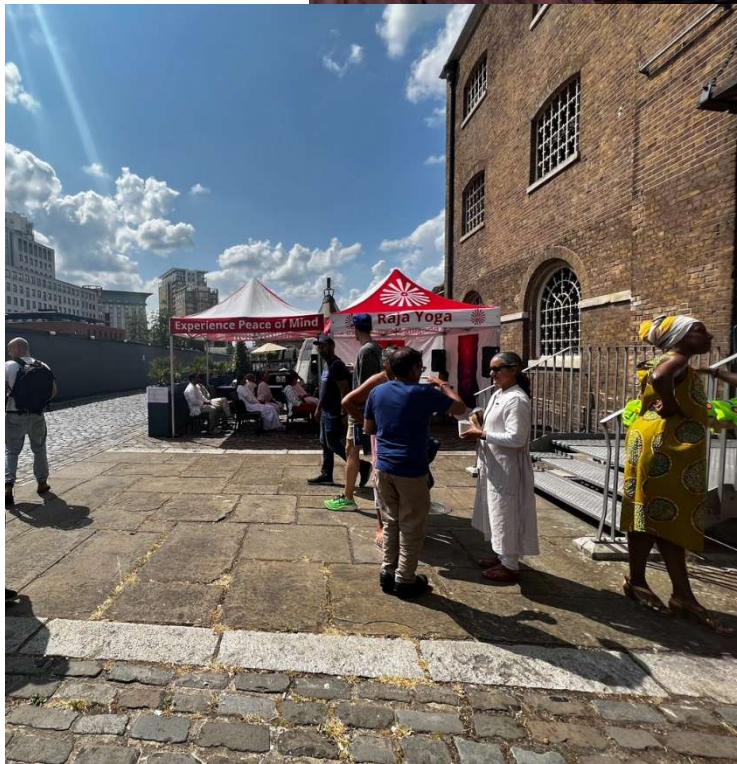




It was a joy to see young children and local school children take part in the activities as well as meditation sessions.







A separate programme of expert speakers on different aspects and traditions of wellbeing ran alongside this and **Sister Jaymini** was a key part of this. She opened the event by leading the audience in a powerful breathing, posture and meditation experience and spoke later in the day on the theme of ***Raja Yoga Meditation - Wellbeing for the Mind***. **Aida Niang of Maison Mangrove**, who works at the Museum of London, closed the day with a passionate call to all those attending and participating to take care of their own wellbeing - so that they are then better able to look after others.



The Brahma Kumaris were thanked immensely for their cooperation and participation in this special event at a museum that holds so much history of London.

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