

# 13th-15th October 2023 BK Service Report



**BK's at OM YOGA  
and MIND BODY  
SOUL – a 3 day  
event at  
ALEXANDRA  
PALACE, LONDON**

Each year, this special and valued event, held at Alexandra Palace, re-invents itself with new layouts and new opportunities for souls to explore and experiment in the world of Yoga and in the esoteric at the Mind Body Soul section of the event.



Amazingly more than 1400 visitors engaged with BK activities on offer, guided by a team of over 45 BK volunteers coming from many different centres. There were also many opportunities to chat and share around the stands, with visitors, staff and other stall holders.



This two-in-one, three day event combines Om Yoga and Mind Body Soul shows, attracting many thousands of people from London and beyond to all things yogi and esoteric!



This year there were noticeably more experiential demonstration areas including two areas for authors and talks. The Om Yoga area encouraged interactive engagement this year, using more than eight spaces to provide a variety of practitioner sessions. BK's delivered four lively sessions in the lecture area, over the three days of the show.



On entry to the Mind Body Soul section was one BK stand offering The Emergency Optimist Game (257 engaged) and Caterpillar to Butterfly activity. (170 played)



The Emergency Optimist is a fun and insightful game that helps people identify life challenges and create a positive perspective to help create personal transformation. Many communicated gratitude after their session, and those facilitating could see how souls were uplifted by the process, moving on with a smile on their faces! "Wow! I have a new perspective now", and "'..maybe some new solutions will come out of this".

The Caterpillar to Butterfly interactive game helps souls to let go of unwanted negativity and tune into a blessing that supports change. This engaged many children with their parents.



On entry to the Om Yoga Show section, the Inspired Stillness shop was beautifully positioned for browsers and the Virtue Wheel activity brought much curiosity and enjoyment to all ages (365 gave it a spin and collected a virtue card).



BK are fortunate to have close relationships with the show organiser team, so Baba's service always benefits from the allocation of great spaces for our stands.

The Knowledge area included the Raja Yoga Poster Exhibition (including large pictures of the three worlds, virtues, cycle and tree) which was displayed on the outside wall of the Meditation Room. Many visitors stopped to look providing opportunities for BKs to share insights into Baba's knowledge.





**The BK's large Meditation Area, housed both the Meditation Room and a unique and powerful 'Human-Soul Connection' (drishti) corner.**



**20-min guided meditation sessions ran throughout the three days, benefitting over 700 visitors.**



**The Human-Soul Connection elicited many powerful experiences for the 90 souls who participated, often after they had attended one of the guided meditation sessions.**



This year we had four well-received engaging talks based on Raja Yoga, which happened at a few of the various 'practitioner' areas within the Om Yoga Show. These were:

- Master Meditation with Jaymini Patel at the Life Purpose Shaman Lecture Area on Friday 13th Oct.
- Self-care is Caring for Others with John McConnel at the Inspiration Zone on Saturday 14th Oct.
- Breaking Bad Habits with Nina Buchanan at the Inspiration Zone on Sunday 15th October
- Conscious Living with Avi and Ami at the Knowledge Zone on Sunday 15th October.

