

Meditation in wellbeing expo, Sydney, Australia

The Brahma Kumaris (BK) centre in Ashfield, Sydney was invited to conduct a meditation session in a 'Wellbeing Expo' at South Western Sydney Institute of Technical and Further Education (TAFE) at Granville on Tuesday 5 Nov 2013. From time to time the centre receives similar requests which are a good chance for community outreach.

Diploma students of the Community Services Work course were tasked with presenting an event to benefit their community, so they organised the expo and invited all students of the TAFE to attend. The woman who contacted the BK centre has attended retreat programs at the retreat centre in Wilton, one hour south of Sydney. The TAFE campus, in western Sydney, has over 15,000 adult students and offers over 250 diverse courses. During the half-day program, as well as meditation, students were able to sample stress management, laughter yoga, tai chi, quit smoking advice and acupuncture.

Maureen Cannon, coordinator of Ashfield BK centre, presented the after-lunch session for 15 people and gave a brief introduction to meditation. She distributed information about classes in Sydney and invited participants to attend "Woman of Soul", the upcoming public event with Sr Jayanti on 2 Dec. One participant invited BKs to her home to give an introduction to meditation for a group of friends and family.



6 November 2013