



As we all strive to observe the current regulations for our physical safety, are we just as attentive to the spiritual laws that operate to keep us calm and protected from within?

Join us as a variety of experienced yogis from around the world share their tools for navigating these challenging times.

Topics and people

7 June	Keeping Calm in a Crisis	BK Jayanti , UK
8 June	The real support: the Eternal Source	Charlie Hogg, Australia
9 June	How to process and manage emotions	Dr Sarah Egger, UK
10 June	Karma or Destiny	BK Shivani, India
11 June	Developing resilience to info overload	Eric Le Reste, Canada
12 June	Walking the line of being loving and letting go	Neville Hodgkinson, UK
13 June	Spending quality me time	Moira Lowe, Argentina
14 June	Keeping it real – wisdom from the heart	Ken O’Donnell, Brazil
15 June	Creative Living · Creative Thinking	Harry & Ayako, Hong Kong
16 June	My Mind – Friend or Foe	Maureen Goodman, UK
17 June	From Fear to Love	Christine Mahoney, Australia
18 June	Life style routines that empower	Carolin Fraude, Germany
19 June	Harmonising the home	Diane Tillman, USA
20 June	Inner Peace, Inner Power	Enrique Simo`, Spain
21 June	Getting to the Essence	Denise Lawrence, USA
22 June	Embracing the adventure in death and dying	Thor Barddal, Iceland
23 June	Enhancing Spiritual Stamina	Yogesh Sharda, Turkey
24 June	Embracing Change	Samantha Fraser, UK
25 June	From sound to silence, the meditation experience	Kim Cunio, Sydney
26 June	Health and Wellbeing	Loes Bommel, Suriname
27 June	Spiritual perspectives on uncertain times	Gayatri Naraine, USA