



INTERNATIONAL DAY OF YOGA

in Kanzakigawa-osaka 17 JUNE 2018

Shumekai Training Hall

SPONSORED BY BRAHMA KUMARIS

AIM- To enjoy yoga exercises and meditation with 100 people, including Shumekai members.



Instructor: BK. Yoko Umezawa (Tokyo)

Most of the participants were beginners but while listening to Prime Minister, Mr.Modi's message, the strong thought to create a harmonious world become very real among the participants



FLOW OF THE EVENT : Relax- observe-keep high spirit -connect

Using the body to create peace of mind and to have the thought of spreading peace to the world.

The natural process of relaxing the body, observing its energies and seeing the inner qualities of the soul brought about an experience of the higher self and thus to create the feeling to serve with peaceful mind to the world was easy.

This created a beautiful meditative environment. The faces of all the participants were blooming after the program!



Virtue cards corner & Beautiful knowledge points were exhibited through "Tsumie" (Japanese ink art) by students of the Brahma Kumaris .



This was a good opportunity to introduce Raj Yoga.

