

NEWS LETTER

Online Events

JUNE 2020

Brahma Kumaris, Frankfurt, Germany

Online Services - June

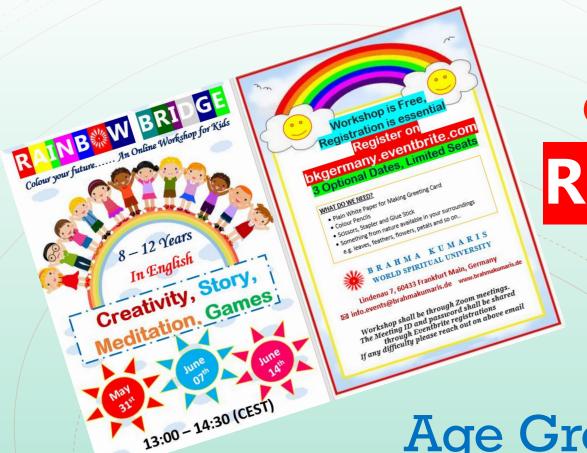


Public

- 1. Kids Workshop 3 sessions
- 2. Rajyoga Course- English, Hindi& German
- 3. International Yoga Day celebrated with 2 Live Sessions on Official Face Book Page of Consulate, one by Sudesh Didi

BKs

- 1.2 day Hindi Online Bhatthi
- 2. Avyakt Murli Churning
- 3. Young Mother's Workshop
- 4. World Meditation Hour Full Germany
- 5. Movie Time with BK Family
- 4. Creative Quiz / Antakshri
- 5. Thursday & Weekend
 Hindi Murli Session &
 Classe with Seniors
- 7. Tamil Sustenance Classes & Workshop



IGNITE

ONLINE WORKSHOP





3 Sessions

Age Group: 8 – 12 Years

How many participated: 30

Participating Countries

Singapore, Abu Dhabhi, USA, India, Germany

ACTIVITIES IN KIDS WORKSHOP



Aim Awareness of present situation

- , **I.**
- 1. Self Worth
 - 2. Self Regard
 - 3. Short Meditation Commentaries
 - 4. Making 'Thank You' Cards
 - 5. Singing Song
 - 6. Showing gratitude to oneself
 - 7. Meditation

TAMIL SUSTENANCE



Classes & Workshop

TAMIL SUSTENANCE CLASS

SPECIALITIES of

MAMMA

Didi Sudesh

shares her experiences with Mamma

மம்மாவின் சிறப்பியல்புகளை பற்றி தீதீ சுதேஷ் உரையாற்றுவார்

JUNE 22nd (Monday)

9:00-10.30 am - German Time 8.00-9.30 am - UK Time 12.30-2.00 pm - India / Sri Lanka 3.00-4.30 pm - Malaysia / Singapore 5.00-6.30 pm - Australia *Join 15 minutes earlier for meditation*

Join 25 minutes currier for meditation

Zoom ID: 828 8012 5084

The lecture is in English with Tamil translation

Password: mamma

** BRAHMA KUMARIS FRANKFURT



SNEH MILAN அன்பு சந்திப்பு SPECIALITIES OF MAMMA

மம்மாவின் சிறப்பியல்புகள்

பற்றிய ஒரு கலந்துரையாடல் உங்கள் கருத்துக்களை பகிர்ந்து கொள்ள ஒரு வாய்ப்பு ..

Join us to share your inspirations of her life..

JUNE 26th (Friday)

11:00 am-12:30 pm — German Time 10:00 am-11:30 am — UK Time 02:30 pm-04:00 pm — India / Sri Lanka 05:00 pm -06:30 pm— Malaysia/Singapore 07.00 pm-08:30 pm — Australia *Join 15 minutes earlier for meditation*

Zoom ID: 567 7890 9140 Password: knowledge

BRAHMA KUMARIS, FRANKFURT

TAMIL SUSTENANCE

பற்றை வெல்லும் பவித்திர அன்பு _(pattrai vellum pavithra anbu)

Detached & Loving

SISTER JAYA

JUNE 15th (Monday)

9:00-10.30 am — German Time 8.00-9.30 am — UK Time 12.30-2.00 pm — India / Sri Lanka 3.00-4.30 pm — Malaysia / Singapore 5.00-6.30 pm — Australia *Join 15 minutes earlier for meditation*

Zoom ID: 123 7429 0428 Password: love

BRAHMA KUMARIS, FRANKFURT

TAMIL SUSTENANCE

நடைமுறை வாழ்க்கையில் ஆன்மீகம் (nadaimurai vazhkkaiyil aanmigam) Spirituality in Reality

BROTHER BK PERU

Asia Retreat Centre, Malaysia

JUNE 11th (Thursday)

09:00-10:30 am — German Time 08:00-09:30 am — UK Time

12:00-14:00 pm — India / Sri Lanka

14:30-16:30 pm - Malaysia/ Singapore

16.30-18:30 pm – Australia

Join 15 minutes earlier for meditation

Zoom ID: 811 9215 1234

Password: peace

BRAHMA KUMARIS, FRANKFURT



Live Sessions on Facebook Page Consulate General of India, Frankfurt





Rajayoga Meditation

Exploring Inner Potential... (in English)



European Director - Brahma Kumaris with more than 62 years of Rajyogi life

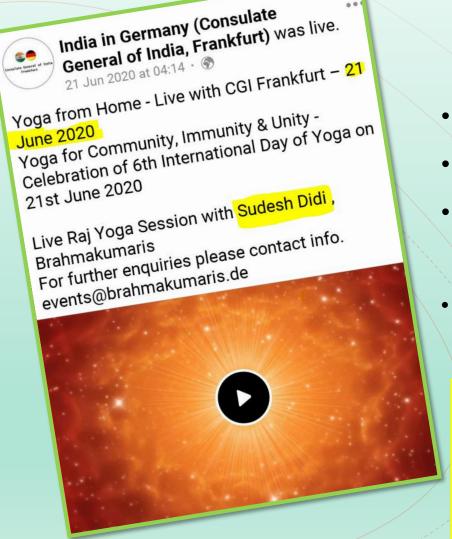
Sudesh Didi (Germany)











Highlights

- Introduction to Rajyoga & Hathyoga
- Practical Meditation
- Spiritual significance of Hathyoga
 Asanas
- Click here for Sudesh Didi's session

https://youtu.be/u4MHdH-XEBw



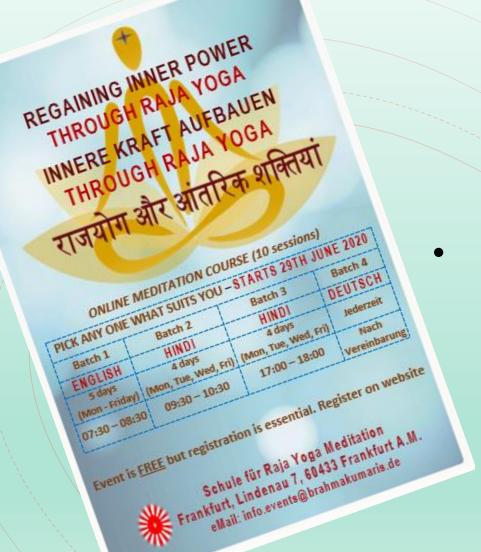
India in Germany (Consulate General of India, Frankfurt) was live.

6 Jun 2020 at 07:41 · 🚯

Hath Yoga & Rajyoga Session with Brahma Kumaris (Dr. Pratibha). For all further inquiries please write us at info.events@brahmakumaris.de

Online Rajyoga Course





Highlights

 40 Students started Rajyoga course in English, Hindi and Deutsch

Online Hindi Bhatthi – 20th – 21st June

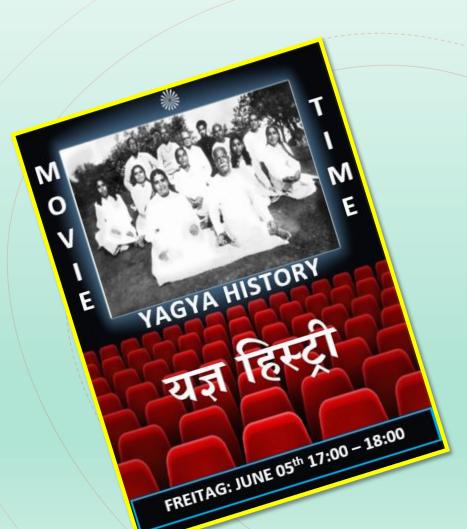


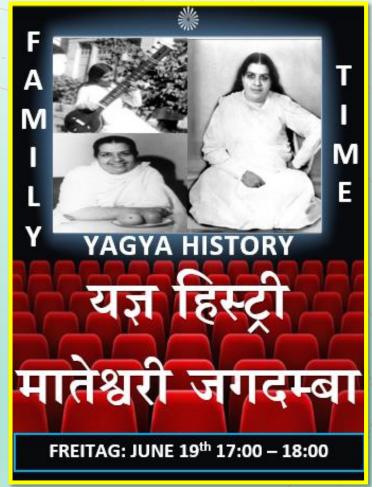
Highlights

- 2 full day Bhatthi on Zoom (Amritvela to Good night meditation)
- 80 Brahmins participated
- Bhog Offering at same time across all participant
- Special Mamma's Experience Classes by Chakradhari Didi,
 Santosh Didi, Amir Chand Bhai Yog, Sudesh Didi, Asha Didi
- Creative Meditation
- Quiz from the day's murli

Movie Time with BK Family on Zoom











Upcoming Events – July 2020



RAJYOGA COURSE

SENIORs CLASSES

HINDI

BHATTHI

(Manmohini

Didi Day)

MOVIE TIME
WITH VIDEOS OF
YAGYA HISTORY
/ GODLYWOOD
MOVIES

SILENCE BHATTHI Teacher's
Training for
Rajyoga
Course

WORKSHOP
FOR
BRAHMINS

KIDS WORKSHOP Mini Workshop

Traffic

Control of

Thoughts

Creative Sessions
Quiz, Churning
Workshops,
Blind Spots