



BRAHMA KUMARIS WORLD SPIRITUAL UNIVERSITY
178 Mountview Drive, Malabar, Nelson Mandela Bay, Port Elizabeth
EVENTS CALENDER – May 2012

Self Progress Session Sunday 06th May 2012 at 6.00pm to 7.00pm



This is a monthly get-together for students who have completed the Advanced Course in Meditation. This month it will be a group discussion on the topic: What stands in the way of genuine personal growth?

Intermediate Meditation Course Tuesday, 8th May 2012 at 7.30pm – 8.45pm



This course consisting of four sessions are for those who have completed the introductory meditation.

World Peace Hour Sunday, 20th May 2012 at 6.30pm – 7.30pm



Through guided meditation commentaries and soft music, this hour creates an opportunity for all to experience their own inner peace and make a donation of peace to the world.

Tea is served after the meditation.

Conversation on the subject of Relationships Thursday 24th May – 7.30pm



The conversation is a DVD screening of excerpts from the popular International TV show "Awakening with the Brahma Kumaris". The participants are Sr Shivani, a Brahma Kumaris teacher and Suresh Oberoi an Internationally recognized Indian actor who has done 250 films in the last 35years. Two 20 minute chats will be shown.

Meditation Session for Youth 28th May 2012 at 6.00pm to 7.00pm



This is an interactive meditation session offering youth an opportunity to practically experience the benefits of meditation and its relevance in the every day hustle and bustle of life.

'Me Time, Silent Time' Every Saturday evening, 6.00pm – 7.00pm:



This is an hour set aside for those who would like to spend some quiet quality time with themselves. These reflective sessions will be guided by meditation commentaries and soft music.

Bookings are Essential for all programs at 041 457 1322 or by return e-mail to

portelizabeth@za.bkwsu.org

All events are free of charge. Contributions are appreciated.

www.bkwsu.org/southafrica