



**BRAHMA KUMARIS**  
WORLD SPIRITUAL UNIVERSITY

Lotus House, 8 Dan Pienaar St, Glendinningvale. E walmer@za.bkwsu.org C 0827100175

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### 2 Beginners' Courses

Starting Monday 16<sup>th</sup> April

Morning time – 9am to 10.30am Evening time – 7.30pm to 9pm-

The course is made up of 5 sessions from on Mondays and introduces the basics of meditation. Ideal if you are trying to set up a practice on your own at home

### Positive Thinking Course – starting Thursday 19<sup>th</sup> April

The course is made up of 4 sessions on Thursday evenings and helps to train the mind into moving into more positive thought patterns which increase the quality of life.

### World Meditation Hour

Sunday 21<sup>st</sup> April – 6.30pm to 7.30pm – an hour of peace for yourself and the world

### Public Meditation Program

Mondays, Tuesdays and Thursdays from 7.00pm to 7.30pm

Saturdays 5.30 – 6.30pm

Sundays 6.30 – 7.30pm

**ALL WELCOME**

As the BK's are a NPO, there is no charge for programs, however the organisation is supported by the voluntary donations of its course participants and teachers. Contributions are welcome.