

Dear divine Family

Please accept divine greetings the family of Bangalore City.

A 3 days Silence Retreat programme has been organised at Brahma Kumaris Retreat Center, Jakkur, Bangalore, from 1<sup>st</sup> to 3<sup>rd</sup> of December 2017 for IT Professionals by BK IT (SIT) Wing, Bangalore.

We are very glad to inform that retreat gave wonderful experience where both spiritual and worldly comforts were taken care of along with wonderful vibrations of the place. The retreat began in evening by welcoming the participants with Ice Breaking activity. The official inauguration of the retreat took place on 02-12-2017 by lightening the lamp and followed by an introduction of Brahma Kumaris, Jakkur Retreat Centre and IT activities. Blessings shared by Rajayogini Padma Behanji, Sub-Zonal Director, Bangalore City Sub-Zone.

In this retreat, Pranayama, Yogasana, Peace walk, Peace experiments (Silence of the Soul World, God's Heart, Allahs Garden), Creative Experiments ( Visualisation as a tool, Magic Carpet - Travelling through time) and value based activities were included. The session was conducted by the BK Sisters & BK Brothers from chennai of IT Wing.

More than 60 participants from IT field were participated and took the benefit of the same.

The photos related to this are attached.

In Baba's yaad

BK Padma

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