



## Dedicated to the International Day of Yoga

Ulaanbaatar (Mongolia), June 15, 2024



For the International Day of Yoga, together with the leaders of the Healthy Lifestyle Club, we organized a seminar on the topic “True Leadership” in the context of the knowledge and practice of Raja Yoga meditation.



We looked at different types of leadership and came to understand, that without ruling ourselves, our actions, words, thoughts and habits, we are unlikely to be able to inspire others and become a role model.

The “Detached Observer” exercise helped participants to observe themselves, their actions, and their perception of the situation through another eye, through the eye of wisdom. Throughout the workshop, we returned again and again to a basic exercise that helped us practice meditation according to the Raja Yoga method. Interesting examples and an entertaining tasks gave them understanding of the importance of practicing positive thinking. It was interesting to observe how the participants’ vision on themselves and their roles changed.

Having received sweet toli and cards with the good qualities for practice, everyone danced together to the famous song “Don't worry, be happy!” Bright happy smiles were sparkling on their faces.





Dedicated to IDY 2024

## International Meditation Hour

Ulaanbaatar, Mongolia

June 16, 2024

On the third Sunday of June, traditionally, the International Meditation Hour, dedicated to the whole world, took place at the Raja Yoga Center in Ulaanbaatar. The UN Resident Representative in Mongolia, Mr. Tapan Mishra, visited the BK Center and took part in meditation. Nowadays, the world needs our pure thoughts and good wishes even more than ever. Paper flowers with virtues symbolically decorated the globe. We all really want to live in harmony, peace and prosperity on our planet together with all its inhabitants.

