

Dear Brothers and Sisters

**China ( Guangzhou ) : International Yoga Day News**

A very special event was

co-organised by Brahma Kumaris and Consulate General of India in Guangzhou, China. This event was held in a 5-star hotel in the city centre and about 500 souls took benefit. We also invited some hatha yoga teachers from various yoga schools in the province. It was a good chance of letting the audience know about the mental and spiritual aspect of yoga along with physical yoga.

As Brahmakumaris were the co-organisers with Consulate General of India, so we got the opportunity to design and plan the whole activity , so we could give spiritual message to the audience in appropriate way.

It was half a day activity , in which we got two slots of 45 minutes each to present Rajyoga in which BK Sister Sapna presented Rajyoga Meditation using audio, video & guided meditations alongwith short speech about the introduction of ancient way of Rajyoga and its benefits.

The program was inaugurated by Consulate officers Mr.Tarun Kumar and Mrs.Aarti Vasudev from the Indian Consulate in Guangzhou.The program was concluded with Meditation for world peace conducted by Sister Sapna alongwith bk students.

Many people registered for Rajyoga classes as a follow up of this event, which shows that the souls are really keen to know more about the spiritual dimension of yoga.

Some pictures of the event are enclosed herewith.

In Baba's sweet remembrance  
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