

18th 19th & 20th October, 2024
Alexandra Palace, London

Service Report



For over two decades, the Om Yoga Show has been Europe's largest yoga gathering, now joined by the Mind Body Soul and Vegan Life Shows. This year's event had a calmer atmosphere, with many seeking deeper meaning and spiritual answers.

The Brahma Kumaris, led by Sister Jaymini, have maintained a strong presence since the show's inception, offering unique free activities that stood out amid commercial offerings.

Over three days, 54 BK volunteers, including many enthusiastic younger members, created an uplifting environment, fostering meaningful connections and spreading joy through meditation sessions, blessing cards, and spiritual conversations.

Om Yoga Show

At the Om Yoga Show, 1,000 attendees participated in our guided meditation sessions, featuring the popular Human-Soul Connection Activity (Drishti sharing), fostering a deep spiritual connection and the essence of Raja Yoga.



Sister Manju Patel and her team created a serene atmosphere in the Meditation Room, with a focal image of Shiva and illustrations of paradise, enhancing the peaceful ambiance. The nearby Inspired Stillness publications area drew visitors to explore spiritual literature. Outside, large displays introduced the fundamentals of Raja Yoga, offering a clear and accessible entry into these teachings.



Mind Body Soul



In the Mind Body Soul section, the Tree of Good Wishes and the Virtue Wheel were major attractions. By Sunday, the Tree was covered with hundreds of colourful 'leaves,' each bearing heartfelt wishes, while over 1,000 visitors spun the Virtue Wheel to reflect on a virtue, deepening their understanding of the soul's goodness.



The Emergency Optimist Game also drew over 400 participants, inspiring optimism and positivity. The Raja Yoga 'Wisdom' area featured nine impactful visuals, including images of the Point of Light and the Cycle, serving as accessible introductions to Raja Yoga philosophy.





The weekend included a special session with award-winning author and yogi Smita Joshi, who shared insights on healthy living and yogic philosophy, complementing the Brahma Kumaris' broader talks.

Over three days, thousands were served through meaningful connections and spiritual nourishment. Sister Jayanti extended heartfelt good wishes to all the teams and volunteers for their dedicated service.