

OVERCOMING STRESS & ANXIETY

THE ART OF RELAXATION AND MEDITATION

Stress depletes physical, emotional, and mental energy impacting various aspects of our lives. Discovering spiritual identity can empower and help overcome it.

Venue:

**Permanent Mission of
India to the UN**

*Avenue Appia 21
1292 Chambesy, Geneva*

*Bus n°8 or 22 stop at OMS-BIT,
walk 10 mins up Avenue Appia*

**4 April 24
6 to 8 pm**

REGISTRATIONS UNTIL 28 MARCH

forms.gle/JFxWRK9o4wKpeAHS6

Tel: +41 76 620 09 45

Map (google map).

64MM+Q2 Geneva

Yogesh Sharda, with over 40 years of experience in Raja Yoga meditation, coordinates Brahma Kumaris activities in Turkey and works as a personal development trainer in the business sector.

Event organized by Brahma Kumaris Association for Spiritual Learning