



Please RSVP • 617.926.1230 • boston@us.brahmakumaris.org

Meditation Express

Some people find it difficult to meditate thinking that they have to completely empty their mind of thoughts or some find it difficult to set aside time to do meditation. How can we make it easy and possible? In this evening's session, learn basic meditation techniques and tools of Raja Yoga Meditation. Harness the benefits of meditation - a calm and clear mind, improved concentration and focus, and increased sense of peace and well-being.

Thursday, August 7, 2014
7:30 - 9:00 PM

It is recommended that you arrive early to take full advantage of the meditation at the start of the event from 7:00 to 7:30 pm

All are Welcome. Free of Charge.



At the Brahma Kumaris Learning Center for Peace
75 Common Street
Watertown, Massachusetts 02472

www.bkboston.org
boston@us.brahmakumaris.org
[617-926-1230](tel:617-926-1230)