

# Let's Meditate

## Stepping into Sacred Space within

Jumpstart your day with 21 Days of Meditation



This is a online Event

To join zoom meeting via phone,

**Dial +1 (669) 900-9128,**

they will ask them to input

**Meeting id - 349-373-1559**

For zoom app or desktop,

please follow the link -

<https://brahmakumaris.zoom.us/j/3493731559>

Spiritual exercises and self-acupressure for mind, body and spirit

### Align with the Divine for better thought patterns

- ★ Empowering
- ★ Emotional, physical, mental well-being
- ★ Positive and calming
- ★ Life transforming


## Brahma Kumaris

**Time: 6 AM- 6:45 Pm**

**Date: May 4 – 21**

**Sister Hansa-**  (916) 717-7281

 [www.us.brahmakumaris.org](http://www.us.brahmakumaris.org)

 [sacramento@us.brahmakumaris.org](mailto:sacramento@us.brahmakumaris.org)

**RSVP appreciated**