

*It's time to
turn the page
and begin
a new chapter.*



'Speed, Safety, Spirituality'

13th to 17th September 2019

PROGRAMME SCHEDULE

Friday, 13th September, 2019

07.00 am Mind Power
10.00 am Secrets of Happiness
05:00 pm Inaugural Session

Saturday, 14th September, 2019

07.00 am Meditation Session 1 - Know the Eternal Traveller
10.00 am **Speed without Strain**
11.15 am Skit
11.30 am **Stop for Safety**
04.30 pm Experiences of a Yogi Life - Talk Show
06.00 pm Meditation Session 2 - The Eternal Companion
08.30 pm Cultural Evening

Sunday, 15th September, 2019

07.00 am Meditation Session 3 - RajYoga Meditation
10.00 am **Is Traffic Irritating?**
11.15 am Skit
11.30 am Heart to Heart Conversations
04.30 pm Learn with Fun
06.00 pm **Calm in Crisis**
08.30 pm Yoga - Mind & Body Connections

Monday, 16th September, 2019

07.00 am Meditation Session 4 - 8 Powers for Happy Living
10.00 am **Healing Relationships**
11.30 am Q and A and Experience Sharing
05.30 pm Meditation Session 5 - Karma Philosophy

Tuesday, 17th September, 2019

07.00 am Meditation Session 6
Journey towards A Golden Era



Watch **LIVE** webcast of the above sessions on
www.wheelsforpeace.org/live



**20th National Conference cum
Meditation Retreat**

Speed, Safety, Spirituality

13th to 17th September 2019

Shantivan, Abu Road, Rajasthan



Organised by:

Transport and Travel Wing, RERF &
Brahma Kumaris

HIGHLIGHTS

Conference 2019

Interactive Talks

Discover the Art and Skill of bringing values, and joy, to daily routines

(Grab insights from holistic health guru - Mickey Mehta at one of the talks)

Guided Meditations

Explore spiritual fundamentals and experience peace with long-time yogis

Fitness Formula

Re-vitalize yourself as you align physical and emotional energies

(stretch exercises by Kavita Pandya - Fitness Coach, Indian Women's Cricket Team)

Learn with Fun

Participate in entertaining activities to discover more about you

Cultural Performances

Appreciate diverse forms of Art as they touch your heart

ABOUT US

Transport & Travel Wing aims to strengthen the foundation of human values so as to maximize efficiency of personnel associated with Transport, Travel, Tourism sectors.

Brahma Kumaris is a worldwide spiritual movement dedicated to personal transformation and world renewal. Our real commitment is to help individuals transform their perspective of the world from material to spiritual.
www.brahmakumaris.com

CONTACT US

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BENEFITS

This conference will help you to:



Enhance Mind Power



Sharpen Decision-Making



Optimize Performance



Harmonize Relationships



Rediscover Happiness



Learn RajYoga Meditation

REGISTRATION

All Professionals associated with Transport, Travel and Tourism sectors who are interested to join may register online at www.wheelsforpeace.org/Conference2019

*Registration may be considered as approved only after you receive a note of confirmation

