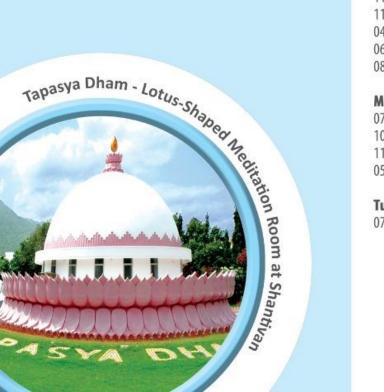
It's time to turn the page and begin a new chapter.



'Speed, Safety, Spirituality'

13th to 17th September 2019 PROGRAMME SCHEDULE

Friday, 13th September, 2019

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

Saturday, 14th September, 2019

Meditation Session 1 - Know the Eternal Traveller 07.00 am

Speed without Strain 10.00 am

11.15 am Skit

Stop for Safety 11.30 am

Experiences of a Yogi Life - Talk Show 04.30 pm

Meditation Session 2 - The Eternal Companion 06.00 pm

08.30 pm **Cultural Evening**

Sunday, 15th September, 2019

Meditation Session 3 - RajYoga Meditation 07.00 am

Is Traffic Irritating? 10.00 am

11.15 am Skit

Heart to Heart Conversations 11.30 am

Learn with Fun 04.30 pm 06.00 pm Calm in Crisis

08.30 pm Yoga - Mind & Body Connections

Monday, 16th September, 2019

Meditation Session 4 - 8 Powers for Happy Living 07.00 am

Healing Relationships 10.00 am Q and A and Experience Sharing 11.30 am

Meditation Session 5 - Karma Philosophy 05.30 pm

Tuesday, 17th September, 2019

Meditation Session 6 07.00 am

Journey towards A Golden Era







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

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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