



OUTDOOR MEDITATION AND YOGA ON WORLD ENVIRONMENT DAY

Sunday 5th June

Gärdet, Hakberget; which is the park next to the roundabout; Valhallavägen and
Lindarängvägen

Yoga and meditation 13.00 - 14.00

Picknick 14.00 -15.00

You can nourish both your mind, body and the planet with peaceful thoughts in
meditation and yoga outdoors. Both beginners and experienced practitioners
can participate.

2022 marks 50 years since the Stockholm Conference which led to the designation of 5th June as
World Environment Day

You are welcomed to bring your picknik and stay with us after
the meditation.

Register on: brahmakumaris.se/kalender

Admission Free

