

# **Meditation Session**

## **Shivalik Public School, Phase VI, Mohali**

The school conducted a meditation session in the school auditorium by special guests Brahm Kumari Aditi and Brahm Kumari Suman for staff members. During the session they explained about what is meditation and different techniques to do it. They started their talk with a question and answer session and shared practical experience of meditation. They refreshed the participants with sitting warm-up exercises in between the session. They also talked about the benefits of doing meditation and the best time to do the meditation. The session provided relaxation and a deep state of tranquil mind to all the participants.