

Meditation session by Brahmakumaris

SCHOOL ORGANISES MEDITATION SESSION FOR STAFF MEMBERS

A few minutes of yoga during the day can be a great way to get rid of stress that accumulates daily, in both the body and mind. Yoga postures like pranayama and meditation are effective techniques to release stress. Meditation can give a person a sense of calm, peace and balance that can benefit both one's emotional well-being and overall health. One can also use it to relax and cope with stress by refocusing their attention on something calming. Meditation can help one learn to stay cen-



tered and keep inner peace. **Shivalik Public School, Phase 6, Mohali** conducted a meditation session in the school au-

ditorium by the special guests Brahmakumari Aditi and Brahmakumari Suman for staff members. During the ses-

sion the experts shed light on what meditation is and the different techniques of meditation. They started their talk with a question and answer session, and continued with practical training of meditation. They refreshed the participants with some sitting warm-up exercises in between the session. They also talked about the benefits of meditating and also informed about the best time to do it. The session provided a deep state of relaxation and a tranquil mind to all the participants.