

A Lunchtime Talk

The Art of **self care**

All Welcome
Booking
Essential

In this 45 minutes session we will explore the roots of a happy and meaningful life through self care and the practice of meditation.



Speaker: Jayanti Kirpalani

Jayanti Kirpalani is the European Director of the Brahma Kumaris, with over 40 years of experience of Raja Yoga meditation and its practical application in daily life.

For more than 30 years, Jayanti has travelled widely as a speaker, broadcaster and emissary for peace. She bridges Eastern wisdom and Western education, and has co-ordinated several projects in connection with Women, Development, the Environment and Youth.

Wednesday 30th May 12.30pm

For booking:

www.cambridgeinnerspace.org/event/selfcare
Or call Inner Space Cambridge on 01223 464616

INNER SPACE

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