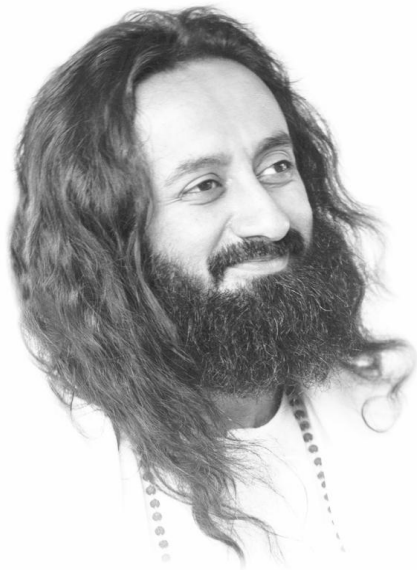


Bharatiya Cultural Center & The Art of Living Foundation Presents

An Evening of Meditation and Knowledge

Calm the Mind

By Navixha Bagga



“A stress-free mind and disease-free body are the birthright of every human being. Neither at home nor at school have we learned how to handle negative emotions or rid ourselves of stress and anxiety.”

His Holiness Sri Sri Ravi Shankar

May 18 th (Fri) 7:30 PM

May 30 th (Wed) 7:30 PM



Venue: Bharatiya Temple Hall (www.b-temple.org)

1612 County Line Rd, Montgomeryville, PA 18936

Contact : Nand Todi: 215-699-0406

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Email: info@ArtOfLivingPA.org

Visit us at www.ArtOfLivingPA.org

Navixha Bagga has been with the Art of Living Foundation for the last 7 years. She has inspired thousands of people and has taught workshops to Management Executives, College Students, Soldiers and Prisoners. She is involved in several service projects for child education and welfare.