

# About the Event

Who hasn't chased the holy grail of happiness? But when happiness arrives it seems so fragile and easily lost. Yet ancient knowledge suggests that happiness can be self-generated. Calm can be created in a moment, and kindness for ourselves and others can be consistent no matter what life throws at us. BK Shivani shares simple steps to a more contented life and the key to change old feelings into new possibilities

Supporting the Global Retreat Centre Project



## About BK Shivani

Millions of viewers have tuned into her TV series, 'Awakening' to hear her life-changing insights on how to improve their relationships, be better parents, improve their leadership skills and lead happier and more fulfilled lives. Her unique blend of light hearted humour and refreshing logic has inspired people globally. BK Shivani is proof that one woman, making small changes in her own life, can make a big difference that can be felt right around the world

**BOOK NOW: [BRAHMAKUMARIS.UK/SHIVANI-MANCHESTER](http://BRAHMAKUMARIS.UK/SHIVANI-MANCHESTER)**

For further Info:



[manchester@innerspace.org](mailto:manchester@innerspace.org)



**0161 834 8016**

## The Awakening Tour

Over the past five years, demand for BK Shivani's live appearances has led to her touring throughout India, USA, Australia, New Zealand, Middle East and Europe, enthralled packed audiences. In 2009 in the UK alone, BK Shivani attracted 10,000 people to venues throughout the country. Responding to popular demand, BK Shivani is now back for a European Tour - 13 cities in 19 days - timed to coincide with UN International Day of Yoga.

## The Organisers

Brahma Kumaris (UK), a registered charity, teaches Raja Yoga as a way of experiencing peace of mind and a positive approach to life.

We have trained meditation teachers in 50 locations around the UK, to help you find that elixir of peace. Our courses are free because we don't want money to be a barrier to anyone wanting to learn this ancient skill.

So we cover our costs with voluntary donations, a system that has benefited many for more than 40 years.

**7.30 - 9.30 PM MONDAY 24 JUNE**

**THE LOWRY**

**Lyric Theatre, Pier 8  
The Quays, Salford, M50 3AZ**

Suitable for  
**10 years  
& over**