

Marek Frydrych

Marek Frydrych has been studying Raja Yoga and teaching meditation with the Brahma Kumaris since 1985.

He is a member of the National Co-ordinating team in Poland.

He has been volunteering his time in the Global Retreat Centre of the Brahma Kumaris in UK for the past 20 years, helping to keep and maintain the retreat house.

He has been actively involved in the ecological movement in Poland and the UK since the COP19 in Warsaw.

