



Sonja Ohlsson

International Coordinator
Brahma Kumaris Environment Initiative

Meditation Teacher

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Community

Sonja Ohlsson is a meditation teacher with the Prison and Probation Service in Copenhagen and occasionally gives lectures at The Asian Studies Department at Copenhagen University. Previously, she worked as a community nurse for more than 20 years. Born and raised in Sweden, she has been based at the Brahma Kumaris (BK) centre in Copenhagen since 1988.

Meditation

Sonja Ohlsson is the Director of the BK Meditation Centre in Copenhagen, coordinating its activities on a national level since 1995. She has taught positive thinking, stress management, self-development and raja yoga meditation as a volunteer to staff from companies and universities in Denmark and internationally. She supports the development of *Inner Leadership Courses* designed for the business community and has been facilitating this series since 1995. Sonja has produced three popular CDs with guided meditation exercises.



The Environment

In 2009, Sonja Ohlsson was instrumental in developing the Brahma Kumaris Environmental initiative in order to meet the need for a higher environmental awareness within the international BK community, and also to add the inner dimension to discussions at the UN Climate Change conferences. The BK Environment initiative delegation has been actively participating in the UN conferences on Climate Change including Copenhagen in 2009, Cancun 2010, Durban 2011, Qatar 2012, Warsaw 2013 and the UN Conference on Sustainability Rio + 20 in Rio de Janeiro 2012. The BK Environment Initiative team is working together with other international NGOs on individual responsibility when addressing global issues. Sonja Ohlsson continues to conduct green retreats for the BK community in Portugal, Italy and the USA and to date has travelled with the lecture series *Living in Harmony* to speak with communities in Lisbon, New York, Vietnam, Greece, and Brazil.

