

## Invitation flyer for the event “For a World of Peace”

in honor of 2017 Environment Day and International Yoga Day





# Por um mundo de paz



## Tarde da Consciência Sustentável

Programação em homenagem  
ao Dia do Meio Ambiente  
e ao Dia Internacional do Yoga

# 15/jun

Parque da Cidade (gramadão) das 14h as 18h



Yoga para  
Harmonia e Paz

### PROGRAMAÇÃO

**14h00 / 14h30** Abertura com a meditação “Paz na Mente”  
(Liana Gomes, instrutora da Brahma Kumaris)

**14h30 / 15h30** Painel sobre Alimentação e Consciência:  
Depoimentos dos jovens do Grupo Shurvir (Ana Paula Paixão  
e Felipe Arcoverde, instrutores da Brahma Kumaris)

**15h30 / 16h00** Sorteio de livros e momento artístico

**16h00 / 16h30** Roda de conversa: Os cinco elementos  
da natureza e as virtudes (Lina Pedreira, instrutora  
e coordenadora dos programas “Escolha a Calma” e  
“Qualidade de Vida” da Brahma Kumaris)

**16h30 / 17h30** Meditação “Por Um Mundo de Paz”

**18h00** Encerramento

**INFORMAÇÕES:**  
Brahma Kumaris  
(Sede Regional Nordeste)  
Rua Rockefeller, 80, Barris,  
Salvador-BA 71 3328-0863 ou  
salvador@br.brahmakumaris.org  
www.brahmakumaris.org.br



BRAHMA KUMARIS



Secretaria da  
Cidade Sustentável  
e Inovação



SALVADOR  
PREFEITURA  
PRIMEIRA CAPITAL DO BRASIL



SALA VERDE  
Itinerante

## Opening



**Sister Auxiliadora Sampaio Silva**  
- presentation of Brahma Kumaris and of the Project “For a world of peace”

**Panel: Diet and Awareness**  
– with BKs Ana Paula and Felipe (from the BK youth group)







Sharing by a young contact, Tom,  
who is an athlete and has been adopting a vegetarian diet since many years



Sharing by another youth, Linda, on the attainments and realizations on adopting a conscious diet.



- . There was a meaningful attendance of youth people and general public, asking questions and making comments;
- . Video presentation showing the animals' suffering
- . It was shared some websites on how conscious diet

The main message from the youth was:

**“Things become easy when you have awareness”**

**And also, in order to help experiencing peace and this sustainable awareness, we had three Circular Dances, guided by Dulce Sampaio, who is a BK student in Salvador**



Sunflower Cycle

Dance of the 4 elements  
(from the indigenous  
people Xavantes) – it's  
about the integration  
between the sky and the  
Earth through the harmony  
of water, earth, fire and  
air.





Meditative dance –

“Oh Lord, make me an instrument of Your Peace.”

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(from Saint Francis)

### **Workshop – “The 5 elements of nature and our Virtues”**

by Helena Cristina and Lina Pedreira – BK students in Salvador



Explanation  
on the  
relation  
between the  
five  
elements of  
nature and  
the original  
virtues of  
human  
beings



There was a dynamics with the participants based on some specially designed cards with texts related to the workshop's theme



## Meditation: “For a world of peace”– a one hour meditation commentary

With  
sister  
Andrea  
from the  
local BK  
center







## Closing



In the closing moment, there was the raffle of some books related to the environment and indigenous people, from Isaías Américo Vasconcelos – public management Analyst who works for the City Hall Secretary of Sustainability and Innnovation. Brahma Kumaris has a partnership with this Secretary since 2014 for the local project “For a world of peace”.