



Join Us for 2 days 3 session of Meditative Yoga Sessions! Sound healing with Eastern slap drum (Daf) & Singing Bowl

Dates:

June 14, 2025, Time: 9:00-10:30 AM, Location: Stone Barn Recreation Barn Urbana/Frederick

June 21, 2025, Time: 12:00-3:00 PM, Location: Parking lot of Common Market Rt. 85, Frederick MD

June 21, 2025, Time: 6:00 - 8:00 PM, Location: Band shell in Baker Park Frederick MD 21701

Celebrate International Yoga Day with UNESCO BMW, RəWIND, Sahaja Meditation, and partners! Enjoy events of rejuvenation, relaxation, and transformation.

What to Expect:

- Introduction to the RəWIND For A Better Life program
- Yoga and Breathing
- Engaging meditation sessions honoring 102 years B.D. of humanitarian Shri Mataji, the founder of Sahaja meditation
- Uplifting live music
- Refreshments
- Wellness literature

Schedule:

10 min - UNESCO BMW & RəWIND Introduction

30 min - Yoga Session

30 min - Guided Sahaja Meditation

20 min - Live Music

Who Should Attend:

Open to everyone, especially high school and college students.

Admission: Free for all!

Join us for a day of wellness and community spirit! We hope to see you there!
We look forward to seeing you there!

Email: info@unescobmw.org

Website: unescobmw.org

YouTube: youtube.com/c/unescobmw

FB: facebook.com/unescobodymindwellnessclub

LINKEDIN: linkedin.com/in/unescobmw/

IG: Instagram.com/unescobmw/

TikTok: tiktok.com/unescobmw



Contact Us:



Website:



Rewind for Teens:



Rewind for adults:

