



Good News from Toronto - Canada

On November 26, 2017, we had gathering in Toronto. On this day, Didi Ananda Acira delivered class on Natural healing through detoxification, yoga, and meditation. We had long discussion and very nice sharing. At the end of the program we enjoy the healthy vegetarian food.

On November 27, 2017. Workshop on “meditation for peaceful life” delivered by Didi Ananda Acira, it was held in Mississauga attended by 50 peoples. On that day, we introducing Baba Nam Kevalam meditation to them. Participants was feeling very peaceful after the meditation practice.

On November 13, 2017. Workshop on “Yoga for holistic health” by Didi Ananda Acira, was held at Mississauga Valley Community Center. After the class everyone feeling very joyful, and after this workshop they decided to have regular yoga for seniors in that Community Center twice a month. The class still going on until now.