



## Yoga at University of Ottawa

Good news from Ottawa, Canada: On March 18, we had an Ananda Marga meditation and yoga workshop at University of Ottawa. From 9 AM to 2 PM. Nine students attended. We had a yoga class, an introduction to Kiirtan with Baba Nam Kevalam, introduction to meditation, two lectures with topics 1) "Balancing my student life with spiritual meditation" and 2) "Strong unity, happier human society". We had also a substantial lunch together.





