Aarsha Vidya Bharati - Sep 2022

Bhadrapada - Ashvina 2079

A monthly newsletter that will bring you more happiness, more wisdom and more freedom



This is one of many articles from our monthly newsletter. Access the Sep 2022 issue or read any of the articles.

Glimpses from the UK trip





Swami Brahmavidananda and Swamini Brahmaprajnananda at the World Yoga Festival 2022



Swami Brahmavidananda at Ruislip on 'Self Esteem and Parenting'



Learning to deal with anything - With participants at Greenwich



After session on the Wisdom of the Bhagavad Gita, at Reading Hindu temple



With children at Reading after discussion on Good for all - Dharma