

Spiritual Leader Sri Sri Ravi Shankar To Visit

'Unveiling Infinity' Will Be Immersive Meditation Experience For Canadians Wanting To Get Inner Peace

TORONTO: The Art of Living Foundation (AOLF) has announced that global peace ambassador and spiritual leader Sri Sri Ravi Shankar will journey to Canada to introduce its Unveiling Infinity tour, a meditation masterclass designed to share ancient techniques of meditation and awareness.

For the first time in Canada, Sri Sri Ravi Shankar will personally guide Canadians through an authentic meditation experience and step-by-step practice to help participants experience a sense of deep inner peace. An immersive workshop spanning six hours over three days, Unveiling Infinity will make stops in Toronto (July 9-11), Montreal (July 12-14) and Calgary (July 17-19).

"Beginning a meditation practice can be challenging when your mind is contemplating the stresses of daily life. It is often those people who lead busy lives and have demanding schedules that have a greater need to meditate, and stand to benefit from the clearing of the mind," said Bhavesh Tolani, who sits on the Executive Board for the Art of Living foundation.

"Our hope is to teach and help Canadians understand that you can take care of all your responsibilities and at the same time, find inner calm. Everyone wants to be happy and for that, they need to go deep inside."

According to Statistics Canada, one quarter of Canadians find most days are 'quite' or 'extremely' stressful, with women report-



Sri Sri Ravi Shankar, spiritual leader and founder of Art Of Living Foundation

ing higher levels of stress.

A proven tool to manage stress, meditation offers an outlet to find perspective on issues that create frustration, impatience and worry, reducing anxiety, depression and pain.

The Unveiling Infinity workshop will help Canadians start or deepen their meditation practice by sharing powerful and insightful techniques from an ancient scripture called Vigyan Bhairav. Written more than 5000 years ago, Vigyan Bhairav or the Science of Consciousness, describes 112 meditation techniques for individuals to experience a sense of harmony with their inner being to remove deep-rooted stress and rejuvenate body and mind. The ancient text is written in a cryptic manner, making its true essence hard to understand and requiring

the explanation of a meditation master like Sri Sri Ravi Shankar.

"Unveiling Infinity is about reaching a higher state of being - a state of deep rest and stillness," said Sri Sri Ravi Shankar, spiritual leader and guide for Unveiling Infinity. "This is the essence of ancient scriptures on Vigyan Bhairav."

Throughout the three-day workshop, Sri Sri Ravi Shankar will walk Canadians through practical wisdom from the ancient text that they can apply to their urban life today and leading them through several guided meditation experiences to help them kick-start or deepen their own practice. In addition, they'll be invited to continue their journey with the Art of Living Foundation post-Unveiling Infinity to experience a host of personal

development courses, including the Happiness Program, which teaches the Sudharshan Kriya, proven by over 70 independent studies to provide a comprehensive range of health benefits. Participants will leave the workshop with learnings on how to relax both mind and body, eliminate deep-rooted stress, sharpen their intellect, experience enhanced creativity and more.

Workshop Locations & Dates
 • Toronto: July 9 -11 at Roy Thomson Hall

• Montreal: July 12-14 at Théâtre Symposia

• Calgary: July 17-19 at Jack Singer Concert Hall

For details please visit: <http://unveilinginfinity.ca>.

Sri Sri Ravi Shankar is a humanitarian and spiritual leader,

an ambassador of peace and human values. Through his life and work, Sri Sri has inspired millions around the world with a vision of a stress free, violence free world. These practices have proven to be effective globally and at all levels of society.

Through a myriad of programs and teachings, a network of organizations, and a presence across 155 countries, Sri Sri Ravi Shankar has reached an estimated 370 million people through his unique, impactful programs that empower, equip and transform individuals to tackle life's challenges.

His overarching message is that the world is one family, and that diverse religions, cultures, and traditions are rooted in the same human values of love, compassion, peace, and non-violence.

National Pollinator Week Being Marked With Community Art

TORONTO: Mayor Tory has proclaimed June 18 to 24 as Pollinator Week in the City of Toronto. To celebrate, residents have been invited to join local artist Eric Gold to participate in the creation of a painting of Toronto's official bee, the metallic green sweat bee.

The community art project will take place under the Live Green Toronto tent in the Family Fun Zone at the Redpath Waterfront Festival on Saturday, June 23 and Sunday June 24 from noon to 4 p.m. Admission to the festival is free.

"Pollinators are part of a healthy, sustainable Toronto," said Mayor John Tory. "The City is committed to raising awareness of the importance of pollinators and working with the community



to support them."

"This community art project is a fun way to celebrate our efforts to support pollinators in Toronto," said Councillor Mary-

Margaret McMahon (Ward 32 Beaches-East York), Chair of the City's Parks and Environment Committee. "I encourage Toronto residents to learn about Toronto's

official bee and participate in this project."

Artist Eric Gold will divide a large photo of Toronto's official bee into 100 small segments. Participants will receive a segment and a blank piece of paper and be asked to paint what they see. The process allows for individual expression, and each piece will be a unique work of art that contributes to the whole.

With the goal of raising awareness of Toronto's diverse native bee community, Toronto City Council selected the metallic green sweat bee, whose latin name is *Agapostemon virescens*, as Toronto's official bee earlier this year. The green sweat bee was selected because it is common, easy to recognize and, unlike other types of bees, welcomes other

bees and shares communal nests in the ground.

Toronto is home to more than 360 species of bees and more than 100 species of butterflies and other pollinators. Some species are in decline due to habitat loss and other stressors.

Earlier this year, City Council adopted a Pollinator Protection Strategy. The Strategy identifies a set of guiding principles, six priorities and 30 actions that the City and community can take to protect pollinators, such as the metallic green sweat bee.

For info about Toronto's Official Bee and the City's Pollinator Protection Strategy is available at bit.ly/2x6RhG4. Information about Eric Gold's art is available at <https://www.ericgoldart.com/community-art-project>.

YOUR EYES TELL ABOUT YOUR HEALTH

Know health of organs like Liver, Thyroid, Stomach Acid Level, Heart, Prostate, Ovaries, Intestines etc.

GET THEM CHECKED TODAY!



- Determine cause of ailment
- Each organs accessed for weakness
- Nutritional Counselling
- Psycho Emotional Dynamics

Contact for High Cholesterol, Diabetic Neuropathy, Fatty Liver, Nerve Pain, Blood Pressure, Hemorrhoids, Anxiety, Depression, Migraine, Anemia, Fatigue, Arthritis, Cervical & Back Pain etc.



Rohit Sahdev



FOCUS IRIDOLOGY

6155/4 Tomken Rd, Mississauga
 416-828-5060





AUTO HOME BUSINESS
 One Call Does it All!

ATTO

ANITA BASIL
 1-800-263-9683
 EXT 226

YOUR BEST DEALS ON CAR, HOME & BUSINESS INSURANCE IS JUST A CALL AWAY!
1-800-263-9683 EXT. 226

5660 McAdam Rd., Unit A-1, Mississauga
 Email: anitab@attoinsurance.com
www.attoinsurance.com

INTERNATIONAL CARGO & TRAVEL SERVICES



Send your Gifts, Parcels, Personal Effects, Commercial Company Products, Automobiles all over the world - Moving or Relocating Overseas

(Please note : if you purchase an airline ticket through us, you will get a 10% discount on your next cargo booking)

SHIP FROM ANYWHERE IN USA OR CANADA BY AIR, LAND & SEA

Express Letter to:
 India.....\$25.00
 USA.....\$30.00
 U.K.....\$30.00
 Middle East & Pakistan.....\$39.00
 Africa.....\$50.00

WE ALSO SELL STANDARD SHIPPING BOXES 18" X 18" X 24"



Door Delivery Worldwide Courier Service by DHL, TNT, UPS & FEDEX at very low price
 For more information call : **905-677-6957**



VISTA CARGO BUILDING CORE "F"

6500 SILVERDART DRIVE, SUITE 271 MAIL BOX # 95, MISSISSAUGA, ONT. L5P 1A2, CANADA
www.iccargo.com Toll Free: 1-888-786-2595