

SERVICE REPORT  
8<sup>th</sup> INTERNATIONAL COUPLES RETREAT 2010

A three day BK International Couples Retreat was held in Gyan Sarovar, Mount Abu from 24<sup>th</sup> February to 26<sup>th</sup> February 2010. The theme of the event was *Self Respect*.

This retreat was co-ordinated by New York and London and participants from 11 countries held workshops on *Understanding Self Respect in Family Life*.

The intensive programme included wisdom shared by Sis Mohini of USA on the depth of *Self Respect*, Neville Hodgkinson from London on experiencing respect in family life with inspirational examples, a talk by Dr Satish Gupta on importance of meditation and impact on physical health. Dr Nirmala shared how various titles of self respect can be experienced in the four subjects taught in rajyoga.

Didi Sudesh from Germany explored depths of knowing the Self. The highlight of the event was a surprise sweet meeting with Dadi Jankiji sharing toli and blessings for all.