

Brahma Kumaris participation in TransitarTE: an artistical festival organized by the Municipality of San José

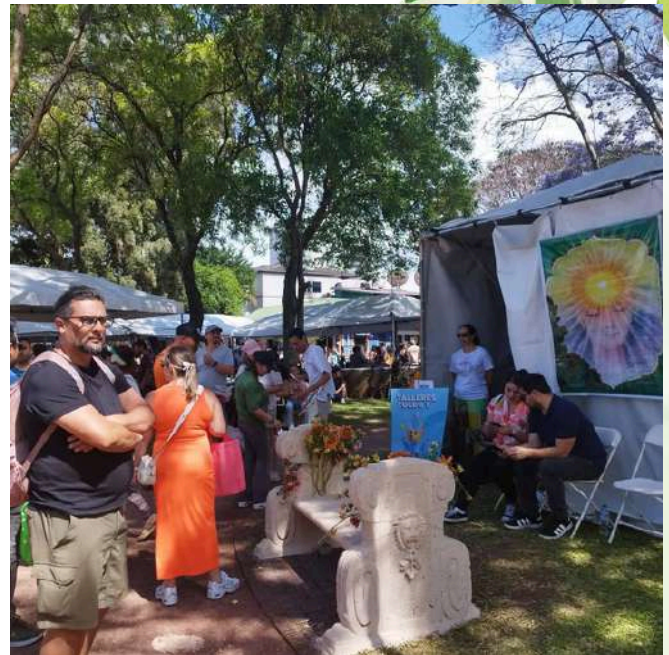
TRANSITARTE 2025
MUNICIPALIDAD DE SAN JOSÉ
DEPORTE Y RECREACIÓN

BRAHMA KUMARIS COSTA RICA

Sábado 29	Domingo 30
9:00 a.m. a 11:00 a.m. Raja Yoga: Vivi la experiencia: breves recorridos en el toldo	9:00 a.m. a 11:00 a.m. Raja Yoga: Vivi la experiencia: breves recorridos en el toldo
11:00 a.m. a 12:00 p.m. Taller para todo público: Vivi la experiencia de reconexión con tu paz y felicidad interior	11:00 a.m. a 12:00 p.m. Taller para niños: Juega y vivi la experiencia de reconectar con tu felicidad
12:00 p.m. a 2:00 p.m. Raja Yoga: Vivi la experiencia: breves recorridos en el toldo	12:00 p.m. a 3:00 p.m. Raja Yoga: Vivi la experiencia: breves recorridos en el toldo
2:00 p.m. a 3:00 p.m. Taller para niños: Juega y vivi la experiencia de reconectar con tu felicidad	3:00 p.m. a 4:00 p.m. Taller para todo público: Vivi la experiencia de reconexión con tu paz y felicidad interior
3:00 p.m. a 7:00 p.m. Raja Yoga: Vivi la experiencia: breves recorridos en el toldo	3:00 p.m. a 7:00 p.m. Raja Yoga: Vivi la experiencia: breves recorridos en el toldo

ENTRADA, ACTIVIDADES Y RECORRIDOS LIBRES DE COSTO

RAJA YOGA: VIVÍ LA EXPERIENCIA
Fecha: 29 y 30 de marzo
Horario: 9:00 a.m. a 7:00 p.m.
Locación: Parque Morazán



We had a stall in one of the main parks in San José. We called it: **Live the experience of Raja Yoga Meditation**, calm your mind and soothe your senses. People came in and experienced the chaos of a scattered and negative mind, and then went through a door that led to the inner light, where they had a meditation experience.

More than **600 people** were attended in total in the awning, There were also **workshops for children and for the general public**, where there were people from different parts of the country, who otherwise would never have had the opportunity to participate in a meditation practice.





In the space of the roulette of virtues, approximately **2500 people attended**, who took away a quality to practice in their daily lives, which was very much appreciated and people who had been there before, brought their families to take their positive message

. Then people hung the colour of the virtue that represented their experience on the tree of good wishes.

In this link you can see the experiences of some young people:
<https://www.instagram.com/brahmakumaris.cr/reels/>

