

Brahma Kumari Shivani

B.K. Shivani is a Rajyoga Meditation Teacher who has been studying spiritual knowledge and practicing the ancient technique of Rajyoga Meditation, as taught by the Prajapita Brahma Kumari's Ishwariya Vishwa Vidyalaya, Mount Abu, for the past 12 years. She conducts motivational courses through seminars and television programmes. Since 2007, she has been on-screen in India and abroad through the presentation of practical spiritual understanding on the TV programme 'Awakening with Brahma Kumaris', which is being aired on Aastha channel in India, the United Kingdom and USA from a total of 160 countries in all 5 continents. She speaks on wide range of topics such as Stress Free Life Style, Leadership Skills, Emotional Intelligence, Art of Right Thinking, Exploring Inner Powers, Self Management, Harmony in Relationships and Technique of Rajyoga. BK Shivani has conducted programmes for several corporate houses.