



About BK Shivani, Meditation and Motivation Coaching

BK Shivani has attracted millions of viewers to learn reflection and meditation skills and transform their lives through her TV series, *Awakening with Brahma Kumaris*.

Her practical and humorous approach has made traditional wisdom accessible to ever-widening international audiences, with over 110 million views on her YouTube channel alone. Viewers tune into to her programmes to hear practical insights on how to improve their relationships, be better parents, improve their leadership skills and lead happier and more fulfilled lives.

Her book *Happiness Unlimited* was No. 1 bestseller on Amazon India, religious section

Over the past five years, she has toured all five continents, enthralling packed audiences with her live shows.

She was the recipient of Nari Shakti Award, the highest civilian honour for women in India, in 2019, appointed a Goodwill Ambassador for the World Psychiatric Association in 2017 and presented with the ASSOCHAM All Ladies League *Woman of the Decade Achievers Award* in 2014.

BK Shivani has been practising and teaching Raja Yoga meditation with the Brahma Kumaris since 1996. A gold medallist engineering graduate, she is married and lives near Delhi.

<https://www.youtube.com/bkshivani>

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