

# Cours de Yoga gratuits

Vous êtes les bienvenu(e)s à participer à des cours de Yoga gratuits au Centre de Kriya Yoga, situé au 196 rang de la Montagne, St-Étienne-de-Bolton, Qc J0E 2E0

Tous les mardis de 9h à 10h45

**Réservation requise : Veuillez nous contacter au moins 24h à l'avance.**  
1-888-252-9642 ou [amrit@babaji.ca](mailto:amrit@babaji.ca)

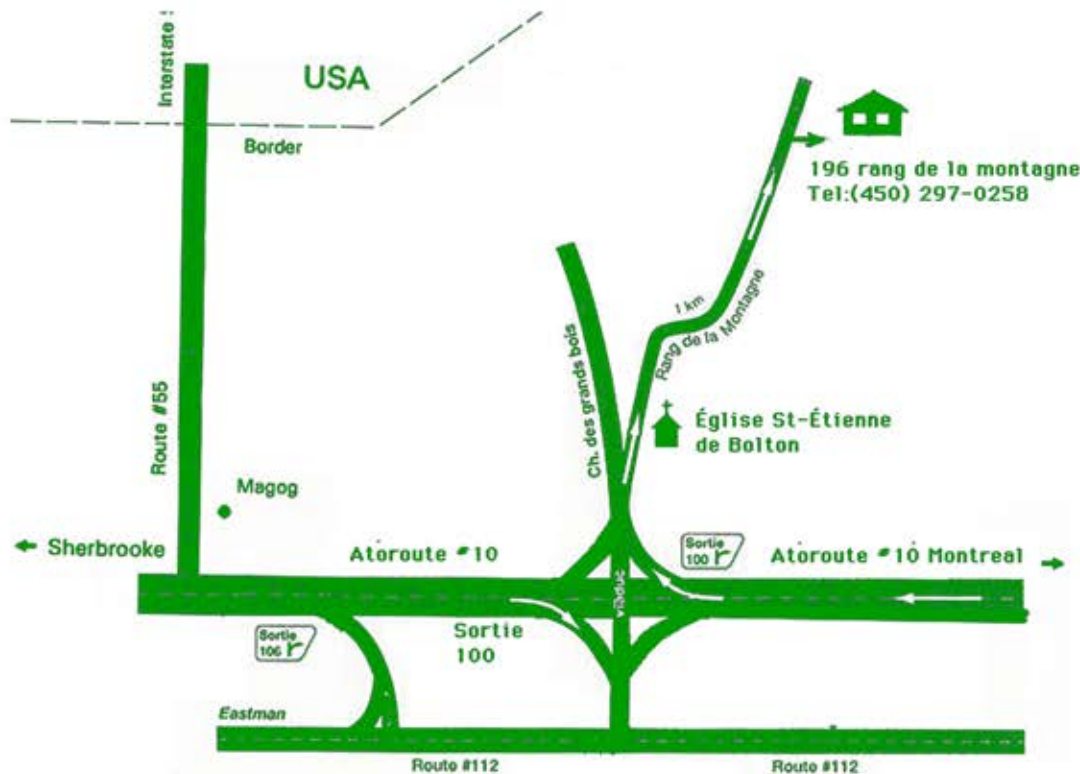


# Free Yoga Classes

You are invited to attend free Yoga classes at the Kriya Yoga Ashram, located at 196 Mountain Road, St Etienne de Bolton, Qc. J0E 2E0

Every Tuesday from 9 am to 10:45 am

**Booking required: Please contact us at least 24h in advance.**  
1-888-252-9642 or [amrit@babaji.ca](mailto:amrit@babaji.ca)



## Directions

De Sherbrooke/Montréal  
au 196 rang de la Montagne  
St-Étienne-de Bolton  
Sortie 100, Autoroute 10

## Directions

From Sherbrooke/Montreal  
To 196 Mountain Road  
St-Etienne-de Bolton  
Exit 100, Autoroute 10

 <b>Kriya Yoga</b> 1-888-252-9642 <a href="mailto:amrit@babaji.ca">amrit@babaji.ca</a> <a href="http://www.babaji.ca">www.babaji.ca</a>	 <b>Kriya Yoga</b> 1-888-252-9642 <a href="mailto:amrit@babaji.ca">amrit@babaji.ca</a> <a href="http://www.babaji.ca">www.babaji.ca</a>	 <b>Kriya Yoga</b> 1-888-252-9642 <a href="mailto:amrit@babaji.ca">amrit@babaji.ca</a> <a href="http://www.babaji.ca">www.babaji.ca</a>	 <b>Kriya Yoga</b> 1-888-252-9642 <a href="mailto:amrit@babaji.ca">amrit@babaji.ca</a> <a href="http://www.babaji.ca">www.babaji.ca</a>	 <b>Kriya Yoga</b> 1-888-252-9642 <a href="mailto:amrit@babaji.ca">amrit@babaji.ca</a> <a href="http://www.babaji.ca">www.babaji.ca</a>	 <b>Kriya Yoga</b> 1-888-252-9642 <a href="mailto:amrit@babaji.ca">amrit@babaji.ca</a> <a href="http://www.babaji.ca">www.babaji.ca</a>	 <b>Kriya Yoga</b> 1-888-252-9642 <a href="mailto:amrit@babaji.ca">amrit@babaji.ca</a> <a href="http://www.babaji.ca">www.babaji.ca</a>	 <b>Kriya Yoga</b> 1-888-252-9642 <a href="mailto:amrit@babaji.ca">amrit@babaji.ca</a> <a href="http://www.babaji.ca">www.babaji.ca</a>
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