

Kirtan & Satsang
at the Kriya Yoga Ashram
Saturday, March 4th, 2023

Greetings!

You are invited to attend a Kirtan which will take place on Saturday, March 4th, at our Ashram in St-Etienne-de-Bolton. It will be preceded by a hatha yoga session, and followed by a potluck, both of which you are also welcome to attend.

For those of you who are initiated into Babaji's Kriya Yoga, there will be a satsang at 1:30pm.

Here is the schedule :

1:30pm - Satsang (*Prerequisite: First Initiation*)

3pm - Break

3:15pm - Kriya Hatha Yoga

4:15pm - Break

4:30pm - Kirtan

6pm – Potluck-supper

Please confirm your presence by replying to this message.

If you intend to be present for the potluck, please bring a vegetarian dish or something ready-to-eat.

Om Shanti

Amrit