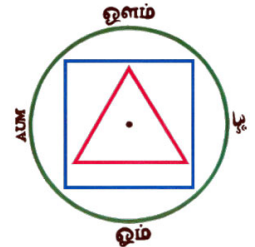




ONLINE SATSANG FOR KRIYA YOGA INITIATES
July 19th, 2020



Dear Kriyaban,

Om Kriya Babaji Nama Aum

We have the pleasure to invite you to our **Satsang for Kriya Yoga** initiates hosted by Babaji's Kriya Yoga community, on July 19th 2020 at 13:00 GMT

SATSANG PROGRAM :

12.55 GMT/ We invite you to join the Zoom Session

13.00 GMT / Kriya Hatha Yoga

13.45 GMT/ Pranayama preparations, Kriya Kundalini Pranayama, Kriya Dhyana

14.30 GMT / End of the meeting

We invite you to register for the meeting [here](#)

Following are some practical points:

Connect early (at least 5 minutes), there will be a "waiting room", so anyone who arrives after 13.00 or after we reach 100 people will not be able to enter.

Please provide a quiet and undisturbed space for your practice, you may want to prepare a yoga mat and a pranayama / meditation cushion. Please consider individual precautions for the hatha yoga session if applicable.

If you are not yet using zoom, you go to zoom. us and click "Join a Meeting", then allow to install the zoom app, then enter the meeting credentials if required.

