

**Kirtan & Yoga**  
**at the Kriya Yoga Ashram**  
**Sunday, July 28<sup>th</sup>, 2024**

Greetings!

You are invited to attend a Kirtan which will take place on Sunday, July 28<sup>th</sup>, 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 at [info@babajiskriyayoga.net](mailto:info@babajiskriyayoga.net).**

If you decide to be present for the potluck, please bring something to share with others: a prepared dish or something ready-to-eat, and make sure that it's vegetarian. If your contribution to the meal contains milk, eggs, or gluten, you may want to inform others (or write it on the container).

Om Shanti

Amrit