



## ANANDA PUNE - JULY 2023

### ENGLISH MINISTRY

MEDITATIONS	DAY TIME	MODALITY
Mornings	Monday - Friday 5:30am - 7:00am	Online In-Person: Mon - Fri
Afternoon	Monday - Friday 12:00pm - 1:00pm	In-Person/Online
Evenings	Friday 7:00pm - 9:00pm	In-Person/Online
<b>SPECIAL! GURU POORNIMA MEDITATION</b>	Monday, July 3 8:00pm - 10:00pm	In-Person/Online
<b>SPECIAL! SR. GYANAMATA BIRTH ANNIVERSARY MEDITATION</b>	Tuesday, July 4 6:00am - 9:00am	In-Person/Online
Mornings	Saturday Sunday	8:00am - 10:00am 7:00am
		Online with Kriya Home Study Online with Pune
<b>SATSANG</b>		Sangha
Thursdays		- 8:00am 6:30pm -
Sunday		7:30pm 6:00pm
		Person/Online
<b>SPECIAL! GURU POORNIMA SATSANG</b>	Monday, July 3	- 7:00pm 6:30pm -
		In- Person/Online
<b>THE PATH OF KRIYA YOGA CLASSES</b>		7:30pm
Step 4: Preparing for Kriya Yoga	Every Saturday	3:00pm - 5:00pm
		In-Person Person/Online

Step 2: Integrating Yoga into Daily Life	Every Saturday	5:30pm - 7:30pm	In-Person/Online	
Step 3: Guru-Disciple Relationship	Every Sunday	10:00am - 12:00pm	In-Person/Online	
Step 2: Integrating Yoga into Daily Life	Every Sunday	3:30pm - 5:30pm	In-Person/Online	
<b>SPECIAL WORKSHOPS</b>				
Change Your Destiny The Power of Affirmations & Visualizations	Sunday, July 09	11:00am - 12:30pm	Online Only	
How to Overcome Your Karma	Sunday, July 16	11:00am - 1:00pm	In-Person/Online	
<b>SPECIAL SANGHA PROGRAMS</b>				
Inspiring a Lifetime of Kriya Yoga with <i>Kriya Sangha</i>	Every Tuesday	7:00pm - 9:00pm	Online	
Superconscious Living with Every <i>Nayaswami Dhyana</i>	Wednesday	8:00am - 8:30am	Online	
Healing Sangha Program with Every <i>Ananda India</i>	Wednesday	7:00pm - 7:30pm	Online	
<b>Book Study with Online Community:</b> Conversations with [when Yogananda announced]	Wednesday	8:30pm - 9:30pm	Online	
<b>ANANDA SEVA</b>				
Ananda Seva	Every Saturday & Sunday	4:00pm - 6:00pm		Contact Zenia @ +91 9922403673
Moving to the new Pune Center	Seva through July			
<b>NEW!!! ANANDA PUNE CHILDREN'S CLUB - EVERY SUNDAY &amp; ALTERNATE SATURDAYS</b>				
<b>MEDITATION GROUP PROGRAMS</b>				

Pimpri-Chinchwad Meditation 9:00am - 11:00am	In-Person	
Every Sunday		

Shanti Mandir (Balewadi)	Every Saturday	5:00pm - 7:00pm	In-Person	
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*All offerings are FREE and OPEN to ALL **EXCEPT** FOR "The Path of Kriya Yoga" Classes AND "Special Workshops," which require registration. Call +91 8308401111 for more info.*

*Links & Addresses for All Programs will be Posted Closer to the Day of the Program. Stay Tuned to Whatsapp Groups.*

**BY INVITATION PROGRAMS**

*Sadhaka Program	Every Wednesday	7:30pm - 8:30pm	In-Person/Online	
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