



## Ananda Sangha Bangalore

No. 1229, 28th main road, 34th cross, Jayanagar 4th T block, Bangalore-560041,  
Landmark: Sudarshan Vidya Mandir. Diagonally opposite to Bangalore One  
Email: bangalore@anandaindia.org

Phone: +91 9611304400 or +91 9900027410

The Center is open from Tuesday through Sunday.

Please call for an appointment if you would like to talk with the staff so that they may be sure to greet you



Scan to register for Path of Kriya Yoga Program  
or  
<https://goo.gl/kKl4nq>

### Path of Kriya Yoga Program

	Oct'17	Nov'17	Dec'17	Jan'18
Level 1 Learn to Meditate	Kashmir Bhavan, Jayanagar: Sat, Oct 7 and 14 @ 10 to 12PM  Vijay Nagar: Sat, Oct 14 @ 10:30AM to 1:00PM	Kashmir Bhavan, Jayanagar: Sat, Nov 4 @10:00AM to 12:30 PM  Kashmir Bhavan, Jayanagar: Sat, Nov 18 @ 10:00AM to 12:30 PM	Kashmir Bhavan, Jayanagar: Sat, Dec 2 @ 10:00AM to 12:30 PM  Kashmir Bhavan, Jayanagar: Sat, Dec 16 @ 10:00AM to 12:30 PM	
Level 2 The Art and Science of Raja Yoga (pre-requisite completion of Level 1)	Vijay Nagar: Sat, Sep 23, 30, Oct 7 @ 10:30AM to 12:30PM  Ananda Sangha Center, Jayanagar: Sun, Oct 1, 8, 15 @ 1:30PM to 3:30PM	Kashmir Bhavan, Jayanagar: Sun, Nov 5, 12, 19 @ 1:30PM to 3:30PM		
Level 3 Guru / Disciple Relationship (pre-requisite completion of Level 2)		Vijay Nagar: Saturdays, Nov 25, Dec. 2 & 9 @ 10:30AM to 12:30PM	Vijay Nagar: cont... Saturdays, Nov 25, Dec. 2 & 9 @10:30AM to 12:30PM  Kashmir Bhavan, Jayanagar : Dec 3, 10, 17 @ 1:30PM to 3:30PM,	
Level 4 Kriya Preparation (pre-requisite completion of Level 3)	Ananda Sangha Center, Jayanagar: Sun, Oct 1, 8, 15 @ 4:00PM to 6:00PM			Vijay Nagar: Saturdays, Jan 20, 27, Feb 3 @ 10:30AM to 12:30PM  Kashmir Bhavan, Jayanagar: Jan 7, 21, 28 @ 1:30PM to 3:30PM
Kriya Initiation & Review (pre-requisite completion of Level 1- 4)		Jayanagar: Sunday, November 26 11AM		
Special Events / Class	Diwali Celebration/Satsang, Sunday October 22 at the Center 10 to 12, Ananda Sangha Center, Jayanagar  Annual Spiritual Retreat with Nayaswamis Jyotish and Devi October 28, 29, School of Ancient Wisdom, Devanahalli	How To Be Happy All The Time Class Saturday, Nov 11 @ 10:00AM to 12:00PM, Ananda Sangha Center, Jayanagar	Living Discipleship Class for (Kriyabans Only) Sundays, Dec 3, 10, 17 @ 1:30PM to 3:30PM, Ananda Sangha Center, Jayanagar  Annual 8 Hour Christmas Meditation, Saturday, December 23, 9 to 5, Ananda Sangha Center, Jayanagar  Christmas Celebration/Satsang, Sunday December 24, 10 to 12 noon, Ananda Sangha Center, Jayanagar	Master's Birthday Meditation Saturday, January 6, 10am to 2PM, Ananda Sangha Center, Jayanagar  Paramhansa Yogananda's Birthday Satsang celebrated on Sunday, Jan 7 10 to 12 with pot luck, Ananda Sangha Center, Jayanagar
Weekly Programs	Morning Meditation, Every Tues - Sat, 6:30AM - 8:30AM @ Ananda Sangha Center, Jayanagar  Thursday Evening Meditation, 6:00PM - 8:00PM @ Ananda Sangha Center, Jayanagar		Sunday Fire Ceremony & Purification, 9:00AM - 9:45AM, Ananda Sangha Center, Jayanagar  Sunday Satsang, 10:00AM - 11:30AM @ Ananda Sangha Center, Jayanagar	
Upcoming Kriya Initiation in 2018	25th Feb 2018			

Note: Center is closed on December 30, 31 and Jan 1 (New Years Weekend)