

July 2018:

Jayanagar, Kashmir Bhavan

Level 1: How to Meditate Sat, 14th July @ 10AM – 12:30PM

Level 1: How to Meditate Sat, 21st July @ 10AM – 12:30PM

Level 2: The Art & Science of Raja Yoga, Sun 22, 29 July, 5, 12 Aug @ 1:30PM – 3:30PM

Vijayanagar: Level 1: How to Meditate Sat, 28th July @ 10AM – 12:30PM

Indiranagar: none

Online: none

Ananda Sangha Bangalore Center, Jayanagar:

Sunday Program:

9:00AM – 9:45AM : Fire Ceremony & Purification

10:00AM -11:30 AM: Sunday Satsang

- Meditation
- Affirmation & Reading on Topic of the Week
- Discourse by Nayaswamis Haridas & Roma
- Arti and Healing Prayers
- Announcements
- Potluck at 11:30AM

1st July 2018: Sunday Satsang dedicated to Ananda Worldwide's Anniversary
(4th July)

22nd July 2018: Sunday Satsang dedicated to Babaji's Commemoration Day
(25th July)

Morning Meditation: 6:30Am – 8:30AM

Aug:

Kashmir Bhavan:

Level 1: How to Meditate Sat, 4th Aug @ 10PM – 12:30PM

Level 1: How to Meditate Sat, 25th Aug @ 10PM – 12:30PM

Level 2: The Art & Science of Raja Yoga, Sat 4, 11, 18, 25 Aug @ 1:30PM – 3:30PM

Level 3: Guru / Disciple Relationship, Sun 19, 26 Aug & 2 Sep @ 1:30PM – 3:30PM

Indiranagar:

Level 1: How to Meditate Sat, 11th Aug @ 10PM – 12:30PM

Level 4: Preparation for Kriya Yoga, Sat 18, 25 Aug & 1 Sep @ 10AM – 12:30PM

Vijaynagar:

Level 1: How to Meditate Sat, 18th Aug @ 10AM – 12:30PM

Online: none

Ananda Sangha Bangalore Center, Jayanagar:

Sunday Program:

9:00AM – 9:45 AM : Fire Ceremony & Purification

10:00AM -11:30 AM: Sunday Satsang

- Meditation
- Affirmation & Reading on Topic of the Week
- Discourse by Nayaswamis Haridas & Roma
- Arti and Healing Prayers
- Announcements
- Potluck at 11:30AM

Morning Meditation: 6:30Am – 8:30AM



Ananda Sangha Bangalore

No. 1229, 28th main road, 34th cross, Jayanagar 4th T block, Bangalore-560041, Diagonally opposite to Bangalore One

Email: bangalore@anandaindia.org | Phone: 9611304400 / 9900027410 / 9880570822

The Center is open from Tuesday through Sunday. Babaji's Meditation Cave is open from 9 to 9 Tuesday through Sunday.

Meditation Seva Halls

Jayanagar: Kashmir Bhavan, Adhyatma Yoga Hall, NAL Layout, 4th T Block, Jayanagar

Indiranagar: 853, 'Shri Nivas', 2 nd floor, 10 th main, 4th Cross, Indiranagar 2nd stage, Above Central Bank, Bangalore 560038

Vijaynagar: Adhyatma Yoga Center, Megha Medicals, #12, CHBCS Layout, Opp. Sir M Vishweshwaraiah,, Co. Op. Bank Ltd, Nagarbhavi Main Road, Vijayanagar, CHBS Layout, Stage 2, Vijaya Nagar, Bengaluru – 560040



Register for Classes at Jayanagar, Indiranagar, Vijaynagar



Register for Live Online Classes