

Dear Kriyaban,

Om Kriya Babaji Nama Aum

You are cordially invited to our next meeting of initiates & kirtan, which will take place on **Sunday, July 31, 2022**, at our Ashram in St-Etienne-de-Bolton. Please bring your copy of the *Kriya Yoga Sutras of Patanjali*, if you have one, and a notebook (or some paper).

Here is the schedule :

1:30pm - Arrival

1:45pm - Kriya Hatha Yoga session

2:45pm - Break

3pm - Satsang

4:30pm - Kirtan (devotional chants)

6pm – Potluck-supper

If you intend to be present for the potluck, **you must bring a contribution to the meal**. It can be something simple, if you don't have time to cook, as long as it's vegetarian.

RSVP: info@babaji.ca or tel. 1-888 252 9642