



Dear Kriya Yoga friends,

We heartily invite you to join us on a special day of meditation and reflection at the Kriya Yoga Centre in Sterksel. This will be organised on **Sunday January 5<sup>th</sup>, 2020**.

Worldwide there will be celebrations, from January 5<sup>th</sup> 2020 till autumn 2021, to commemorate that Paramahansa Yoganandaji started disseminating Kriya Yoga 100 years ago, outside of India in the USA.

**Programme:**

12.00	arrival, refreshments
13.00	meditation (at this hour there will be meditations worldwide)
14.15	lunch
15.00	film "Awake" about Paramahansa Yoganandaji's life
16.30	break
17.00	meditation
18.00	end

Participation is free, but your donation is very welcome. It will be used to further disseminate Kriya Yoga in countries where we have no Kriya Yoga programmes yet.

*To be able to plan for lunch, we ask you to inform us in advance about your participation.*

We wish you a lovely Christmas and a divine New Year 2020.

*Your Kriya Team Sterksel*