

YSS RANCHI ASHRAM EVENTS

June – December, 2023

DATE	DAY	OCCASION	TIME
June 11	Sunday	Long Meditation	10.00 a.m. to 4.00 p.m.
June 18	Sunday	International Day of Yoga Programme	10.30 a.m. onwards
July 2	Sunday	Commemorative Long Meditation	10.00 a.m. to 4.00 p.m.
July 3	Monday	Guru Purnima	6.30 a.m. to 8.30 a.m. Meditation
			9.30 a.m. to 11.30 a.m. Guru Puja
			6.00 p.m. to 9.00 p.m. Meditation
July 25	Tuesday	Mahavatar Babaji Smriti Diwas	6.30 a.m. to 8.00 a.m. Meditation
			9.30 a.m. to 11.30 a.m. Guru Puja
			6.00 p.m. to 9.00 p.m. Meditation
August 13	Sunday	Long Meditation	10.00 a.m. to 4.00 p.m.
September 3	Sunday	Janmashtami 8-hours Meditation	10.00 a.m. to 6.00 p.m.
September 7	Thursday	Janmashtami	6.30 a.m. to 8.00 a.m. Meditation
			9.30 a.m. to 11.30 a.m. Guru Puja
			6.00 p.m. to 9.00 p.m. Meditation
September 14 -17	Thursday – Sunday	Sadhana Sangam – Hindi	
September 26	Tuesday	Lahiri Mahasaya's Mahasamadhi	6.30 a.m. to 8.00 a.m. Meditation
			6.00 p.m. to 9.00 p.m. Meditation
September 30	Saturday	Lahiri Mahasaya's Avirbhav	6.30 a.m. to 8.00 a.m. Meditation
			9.30 a.m. to 11.30 a.m. Guru Puja
			6.00 p.m. to 9.00 p.m. Meditation
October 1	Sunday	Long Meditation	10.00 a.m. to 4.00 p.m.
October 12 – 15	Thursday – Sunday	Sadhana Sangam – English (Kriya Yoga Diksha on Oct 14)	
November 2 – 5	Thursday – Sunday	Sadhana Sangam – English (Kriya Yoga Diksha on Nov 4)	
November 26	Sunday	Long Meditation	10.00 a.m. to 4.00 p.m.
December 7 – 10	Thursday – Sunday	Sadhana Sangam – Hindi (Kriya Yoga Diksha on Dec 9)	
December 23	Saturday	Christmas 8-hours Meditation	10.00 a.m. to 6.00 p.m.
December 24	Sunday	Christmas Eve Special Meditation	4.00 p.m. to 7.30 p.m. Meditation
December 25	Monday	Christmas	6.30 a.m. to 8.00 a.m. Meditation
			9.30 a.m. to 11.30 a.m. Guru Puja
			6.00 p.m. to 9.00 p.m. Meditation
December 31	Sunday	New Year's Eve Meditation	11.30 p.m. to 12.15 a.m.