

“International satsang for initiates:

We are doing our daily practice including pranayama, meditation and mantra and are looking forward for you to join us!

We meet online every day for one hour at 12:30 CET, and every **Sunday at 13:30 UTC** , which is 8:30 am Montreal time. The language is English.

“Contact Nathalie.kriya@gmx.de for particulars of how to join group. Please state where, when and by whom you were initiated.”