

Upcoming Events

Please Join Maha Prabhu Shri Mulakh Raj Ji's Avtar Divas in ChhehartaDham and get Shri Satguru Dev Ji's Blessings

January 6-7, 2012 Pawan Naam Jaap, Chalisa, Hawan, Aarti, Sankirtan and Pervachan (Spiritual Discourses)

January 8, 2012 Tilak and Swari (Procession)

November 5 - 6, 2011 - Monthly Yoga Program in Goal Bagh, Amritsar Ashram

December 3 - 4, 2011 - Monthly Yoga Program in Goal Bagh, Amritsar Ashram

December 31, 2011 – Jan 1, 2012 - Monthly Yoga Program in Goal Bagh, Amritsar Ashram

Pawan Naam Jaap will start on Saturday Morning and Chalisa, Hawan, Aarti and Sankirtan will be performed on Sunday, followed by Preeti Bhijan (Lunch)

January 14, 2012 – Makar Sankranti

Daily Schedule in Yoga Ashram

Meditation 5 a.m.

Morning Aarti/Chalisa/Ashtotari at 5:30 a.m.

Yoga Asana Morning Sessions 6:00 a.m.-9 a.m.

Yoga Asana Mid-Day Session 11:00 a.m.-12 p.m. (Amritsar location only)

Yoga Asana Evening Sessions 5:00 p.m.-6 p.m.

Meditation 7 p.m.

Evening Aarti/Chalisa/Ashtotari at 7:30 p.m.