

# Regular Weekly Group Meditations and Satsangs at Ananda NCR

(full address and contact information)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>♣Grp med—Gurgaon, 6:30-8:30 am</p> <p>♣Grp med—Noida, 9:00-10:00 am</p> <p>♣Starting 24 Jan: Delhi Satsangs—Delhi Kannada School, 10:00-11:00 am</p> <p>♣Starting 31 Jan: Noida Satsangs, 10:00-11:00 am</p>	<p>♣Grp med—Gurgaon, 6:00-9:00 am</p>	<p>♣Grp med—Gurgaon, 6:30-8:30 am</p> <p>♣Grp med—Jor Bagh, 7:45-8:45 am</p>	<p>♣Grp med—Gurgaon, 6:30-8:30 am</p> <p>♣Grp med—Freedom Fighter's Enclave, 7:00-8:30 pm</p> <p>♣Grp med—Noida, 7:30-8:30 pm</p>	<p>♣Grp med—Gurgaon, 6:30-9 am</p> <p>♣Grp med—Jor Bagh, 7:45-8:45 am</p> <p>♣Grp med—Tilak Marg, 6:30-8:00 pm</p> <p>♣Grp med—Gurgaon, 6:30-7:15 pm</p>	<p>♣Grp med—Gurgaon, 6:30-8:30 am</p>	<p>♣Grp med—Gurgaon, 6:30-8:30 am</p> <p>♣Grp med—Noida, 7:00-9:00 am</p> <p>♣Satsang—Gurgaon, 4:30-6:00 pm</p>

## January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
See above for group meditation and satsang timings Click on links for class descriptions.						1	2 ♣Satsang—Gurgaon, The New Path
3 ♣Level 3—Noida, 10:30 am-12:30 pm	4 ♣Event w/Swamiji: Celebration of Paramhansa Yogananda 7pm India Habitat Centre	5 Yogananda's Birthday Vow Ceremony, 7pm Sun City, Gurgaon	6	7	8	9 ♣Satsang—Gurgaon, Bhagavad Gita	
10 ♣Level 3—Noida, 10:30 am-12:30 pm ♣Grp Med—Chander Nagar, 10-11:30 am ♣Balancing Work & Meditation—Gurgaon, 3:00-5:00 pm	11	12	13	14	15	16 ♣Satsang—Gurgaon, Kirtan	
17 ♣Level 1—Delhi—Lok Kala Manch, 10:30-5:00 pm ♣Level 1—Gurgaon & Noida, 10:30-1:30 pm ♣Change Your Karma—Gurgaon, 3:30-5:30 pm	18	19	20	21	22	23 ♣Satsang—Gurgaon, Kriya Yoga in Action	
24 ♣Satsang—BEGINS IN DELHI, 10:00-11:00 am ♣Level 1—Chander Nagar CANCELLED ♣Level 1 class #2—Gurgaon, Noida ♣Level 2 starts—Delhi Kannada School of Computer Science, 11:30 am- 1:30 ♣Immeditate vs Long Range Goals—Gurgaon, 3:00-5:00 pm	25	26 Republic Day	27	28	29 ♣Kirtan—Jorbagh, 7:00-9:00 pm	30 ♣Satsang—Gurgaon, Inspirational discourse ♣You are Your Child's 1st Teacher—Gurgaon, 2:30-4:00 pm	
31 ♣Satsang—BEGINS IN NOIDA, 10-11 am ♣Satsang—Delhi ♣Level 2—Delhi ♣Level 2 starts—Gurgaon & Noida ♣True Meaning of the Chakras—Gurgaon, 3:00-5:00 pm							

## February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
See Above for Group Meditation and Satsang Timings Click on links for class descriptions.						
	1	2	3	4	5	6 ♣Satsang—Gurgaon, The New Path ♣You are Your Child's 1st Teacher—Gurgaon, 2:30-4:00 pm
7 ♣Satsangs—Delhi & Noida, 10:00-11:00 am ♣Level 2—Delhi, Gurgaon & Noida ♣Grp Med—Chander Nagar, 10-11:30 am ♣Healing Power of Colours—CANCELLED ♣Yogananda's Essences—Gurgaon, 3:00-5:00 pm	8	9	10	11	12 ♣Guru Ratri—Gurgaon, 7:30-9:30 pm	13 ♣Satsang—Gurgaon, Bhagavad Gita ♣You are Your Child's 1st Teacher—Gurgaon, 2:30-4:00 pm
14 ♣Satsangs—Delhi & Noida 10:00-11:00 am ♣Level 2—Delhi, Gurgaon & Noida ♣Ananda Yoga for Self Awareness—Gurgaon, 3:00-5:00 pm	15	16	17	18	19 ♣Inner Renewal Weekend—Gurgaon	
21 ♣Inner Renewal Weekend—Gurgaon ♣Satsang—Delhi 10:00-11:00 am—(Noida cancelled) ♣Grp Med—Chander Nagar, 10-11:30 am	22	23	24	25	26	27 ♣Satsang—Gurgaon, Kriya Yoga in Action
28 ♣Satsangs—Delhi & Noida, 10:00-11:00 am ♣Level 2—Gurgaon & Noida ♣Art of Supportive Leadership—Gurgaon, 3:00-5:00 pm						

## March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
See above for group meditation and satsang timings Click on links for class descriptions.						
	1	2	3	4	5	6 ♣Satsang—Gurgaon, The New Path
7 ♣Yogananda's Mahasamadhi Satsang—Gurgaon, 4:30-6:00 pm ♣Satsangs—Delhi & Noida, 10:00-11:00 am ♣Grp Med—Chander Nagar, 10-11:30 am ♣Level 2—Delhi, Gurgaon & Noida	8	9	10	11	12	13 ♣Satsang—Gurgaon, Bhagavad Gita ♣You are Your Child's 1st Teacher—Gurgaon, 2:30-4:00 pm
14 ♣Satsangs—Delhi & Noida, 10:00-11:00 am ♣Level 2—Delhi, Gurgaon & Noida	15	16	17	18	19	20 ♣Satsang—Gurgaon, Kirtan ♣You are Your Child's 1st Teacher—Gurgaon, 2:30-4:00 pm
21 ♣Kriya Initiation—Gurgaon ♣Satsangs—Delhi & Noida, 10:00-11:00 am ♣Grp Med—Chander Nagar, 10-11:30 am	22	23	24	25	26	27 ♣Satsang—Gurgaon, Kriya Yoga in Action
28 ♣Satsangs—Delhi & Noida, 10:00-11:00 am	29	30	31			