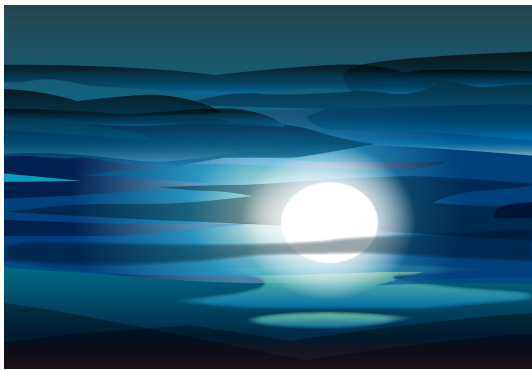


# Amrit Vela Early Morning Sadhana

Join us for Sadhana

Experience Kundalini yoga, meditation,  
chant and shared breakfast



Free Event– Donations Welcome  
Please bring food for shared breakfast

5:30 am-8:00 am

Saturdays

30th Jan

27th Feb

27th Mar

25th Apr

“Sadhana means a practice of self-discipline that allows one to express the Infinite within one's self. It is a time each day to notice the patterns that lead away from higher consciousness and to transcend those patterns. ....”Yoga Bhajan

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