



सहजयोग आज का महायोग



GOLDEN JUBILEE YEAR-2020

SAHASRAR DAY

INTERNATIONAL MAHOTSAV- 2020

(ONLINE)

1st May to 5th May, 2020

- ❖ Sahaja Seminar & Musical Performances – 1st May, 2020
- ❖ Sahaja Seminar & Musical Performances – 2nd May, 2020
- ❖ Golden Jubilee -Mass Realization DAY and HAVAN – 3rd May, 2020
- ❖ Sahaja Seminar & Musical Performances – 4th May, 2020
- ❖ Musical Performances & SAHASRAR PUJA – 5th May, 2020

॥ JAI SHRI MATAJI ॥

HOSTED BY

H. H. SHRI MATAJI NIRMALA DEVI SAHAJA YOGA TRUST,

LIVE BROADCAST FROM -PRATISHTHAN, PUNE

www.pratishthanpune.in

www.sahajayoga.org.in

www.sahajayoganargol.com



**ONLINE PROGRAM SCHEDULE
INTERNATIONAL SAHASRAR DAY MAHOTSAV
(GOLDEN JUBILEE YEAR)**

Day 1 – 1st May 2020 (Friday)

Morning Meditation	05:30 AM – 07:00 AM
Music Program – Matruvandana	10:30 AM – 11:30 AM
Sahaja Seminar	11:30 AM – 12:30 PM
Music Program – Matruvandana	03:30 PM – 04:30 PM
NEW SEEKERS SESSION	05:00 PM – 06:30 PM
Evening Meditation	07:00 PM – 08:30 PM
Documentary/Memories	08:30 PM – 09:00 PM

Seminar Day 2 – 2nd May 2020 (Saturday)

Morning Meditation	05:30 AM – 07:00 AM
Music Program – Matruvandana	10:30 AM – 11:30 AM
Sahaja Seminar	11:30 AM – 12:30 PM
Music Program – Matruvandana	03:30 PM – 04:30 PM
NEW SEEKERS SESSION	05:00 PM – 06:30 PM
Evening Meditation	07:00 PM – 08:30 PM
Documentary/Memories	08:30 PM – 09:00 PM

Seminar Day 3 – 3rd May 2020 (Sunday)

Morning Meditation	05:30 AM – 07:00 AM
MASS RELAISATION DAY	10:30 AM – 12:00 PM
Music Program – Matruvandana	03:30 PM – 04:30 PM
HAVAN	06:00 PM – 08:00 PM



Seminar Day 4 – 4th May 2020 (Monday)

Morning Meditation	05:30 AM – 07:00 AM
Music Program – Matruvandana	10:30 AM – 11:30 AM
Sahaja Seminar	11:30 AM – 12:30 PM
Music Program – Matruvandana	03:30 PM – 04:30 PM
NEW SEEKERS SESSION	05:00 PM – 06:30 PM
Evening Meditation	07:00 PM – 08:30 PM
Documentary/Memories	08:30 PM – 09:00 PM

Seminar Day 5 – 5th May 2020 (Tuesday)

Morning Meditation	05:30 AM – 07:00 AM
Music Program - Matruvandana	10:30 AM – 12:30 PM
SAHASRAR PUJA	05:00 PM – 08:00 PM

CONTACT NUMBERS -

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