



The Life Eternal Trust Bengaluru

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Your first and foremost responsibility is Sahaja Yoga because you should know what a work it is. It is such a great work to transform the whole world. That is My vision. At this old age, also I think the same way. Now if that is My vision, what should be your attitude? That we should go all out to spread Sahaja Yoga. That is the main thing. I call you for these pujas just to renovate, I should say, or to give you more energy and all that. But if you are just taking it as a great blessing and sitting at home, it is of no use. You must spread Sahaja Yoga.

- - Shri Mataji Nirmala Devi March 17, 2002 Pune, India

International Day of Yoga Event

(21st June 2025, Tripura Vasini Palace Grounds, Bengaluru, Karnataka, India)

To : All the State Co-ordinators, Trustees, Sahaja Yoga Family

CC: Central Committee of India

Dear Sahaja Yogi brothers & sisters,

Jai Shri Mataji

By the Grace of Param Puja Shri Mataji, it gives us the immense pleasure to invite you to attend an En-Masse Self Realization Programme hosted by Sahaja Yoga collective of Karnataka on the auspicious occasion of International Day of Yoga on 21st June 2025. Details of the programme are below.

Date : 21st June 2025

Venue: Tripura Vasani Palace Grounds (Open Grounds)

Bellary Rd, Armane Nagar, Bengaluru, Karnataka 560006

Time : 6.30 am to 9.30 am

Google Location: <https://maps.app.goo.gl/wdYqYZFraqEXEqXc8>

Schedule:

Date	Time	Details
21.06.2025	6.30 am to 7.30 am	Reporting to the venue
	7.30 am to 7.45 am	Inaugural ceremony
	7.45 am to 8.45 am	Self-Realization, Meditation, Yoga
	8.45 am to 9.00 am	Cultural & Musical Presentation
	9.00 am to 9.30 am	Concluding Ceremony

We humbly request all the Sahaja Yogi brothers and sisters to come together as a Divine Collective to celebrate this international event by the grace of Shri Mataji.

Several thousands of truth seekers are expected to attend the proposed En-Masse Self Realization event which may be one of the largest Self Realization Programmes in the world to be witnessed and experienced.

Entry is free for the event for all the participants!

All other enquiries related to event including travel, accommodation, suggestions etc for the outstation yogis to be addressed to info@sahajayogakar.org

Feel free to contact the below numbers for any clarifications:

General Enquiries (Event Related):

Manoj Kumar, Mob: 9731793793
Bhakti Harshal, Mob: 9820322678
Anurag Mishra, Mob: 9518338026
Manjula S, Mob: 9901729772
Amit Ashokan, Mob: 8850861138

Approx: travel distance to venue

- 36 min from Bengaluru International Airport (Approx : 29.4 km)
- 20 min from Majestic/KSR Bengaluru City Junction (Approx 7 km)
- 14 min from Yeshwantpur railway station (Approx 5.6 km)
- 2.6 km from the closest metro station (Dr. B.R. Ambedkar Station Vidhana Soudha)
- 4.3 kms from the Vidhan Soudha via Ramana Maharshi Road

Transportation from Airport, Metro & Majestic to the venue will be arranged with the prior confirmation.

Regards,
Dr. Manoj Kumar,
The Chairman, Life Eternal Trust Bengaluru,
Email: info@sahajayogakar.org
Ph: +91 9731793793



Authorized Signatory: _____

Pl. Visit <https://www.sahajayogakar.org> for the latest circulars and updates on all events.