



## The Life Eternal Trust Bengaluru

Level 10, Raheja Towers,  
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**Toll Free:** 1800 202 3375

**Date:** 10.05.2025

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 Sahaja Yoga Seminar & Sahaj Sangeet Mahotsav**

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

**To :** Country Coordinators, Sahaja Yogi brothers & sisters overseas

**CC:** Central Committee of India, Sahaja Yoga World Center-Cabella

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 '**International Sahaja Yoga Seminar & Sahaja Sangeet Mahotsav**' hosted by Sahaja Yoga collective of Karnataka on the auspicious occasion of **International Day of Yoga & World Music Day** on 21st June 2025. Details of the programme are as below.

**Date :** 21st June 2025

**Venue:** Tripura Vasani White Petals Auditorium,  
Palace Grounds, Bellary Rd,  
Armane Nagar, Bengaluru, Karnataka 560006

**Time :** 9.30 am to 6 pm

**Google Location:** <https://maps.app.goo.gl/hahDqe95zLQCR17E8>

#### **Schedule:**

Date	Time	Details
21.06.2025	9.00 am to 10.00 am	Registration
21.06.2025	9.00 am to 10.00 am	Breakfast
21.06.2025	10.00 am to 10.30 am	Meditation
21.06.2025	10.30 am to 12.00 pm	Seminar Session 1
21.06.2025	12.00 am to 1.00 pm	Music Programme
21.06.2025	1.00 pm to 2.00 pm	Lunch Break
21.06.2025	2.00 pm to 3.00 pm	Seminar Session 2
21.06.2025	3.00 pm to 4.00 pm	Music Programme
21.06.2025	4.00 pm to 4.30 pm	High tea
21.06.2025	4.30 pm to 6.00 pm	Music Programme

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.

Apart from participation from all over Indian states which will represent a mini-Bharat with the music programme represented by several hundreds of artists along with more than 100 instruments in praise of Shri Mataji, it will be a unique experience for every Sahaja Yogi to witness and enjoy.

The event is scheduled to happen after the proposed En-Masse Self Realisation event on the occasion of **International Day of Yoga at Tripura Vasini Palace Grounds on 21<sup>st</sup> June @ 7.30 am to 9.30 am** where several thousands of truth seekers are expected to attend. (Kindly refer the separate circular attached for details).

### **Contribution for Overseas participants**

Contribution towards the participation for the seminar is as below.

Staying with Food - Adults: Rs 3750. Yuvashakti - Rs 2250

Non-Staying with Food: Adults: Rs 2250. Yuvashakti – Rs. 1250

**Note:** No contribution for children below 6 years  
Contributions can be made at the venue in INR.

### **Online Registration Link:**

You may register online here : [https://sahajayogakar.org/registration\\_overseas/](https://sahajayogakar.org/registration_overseas/)

All yogis & yoginis would like to participate in musical & cultural programmes may write to [participation@sahajayogakar.org](mailto:participation@sahajayogakar.org)

All yogis & yoginis from foreign countries those would like to seek Visa Invitations may write to [visa@sahajayogakar.org](mailto:visa@sahajayogakar.org)

All other enquiries related to event including travel, accommodation etc to be addressed to [info@sahajayogakar.org](mailto:info@sahajayogakar.org)

Feel free to contact the below numbers for any clarifications:

### **General Enquiries (Event Related):**

Manoj Kumar, Mob: 9731793793

### **Registration:**

Bhakti Harshal, Mob: 9820322678

Anurag Mishra, Mob: 9518338026

### **Cultural & Music**

Suryakant Biradar, Mob 9738332796

Preeti Sondur, Mob: 9611495106

Neha Jayswal, Mob: 9980944438

**Accommodation:**

Manjula S, Mob: 9901729772

Amit Ashokan, Mob: 8850861138

**Travel Helpdesk**

Vineesh P, Mob: 9946635020

Kiran Bhatt, 9079779849

**Other Information:**

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,  
Chairman, The Life Eternal Trust Bengaluru,  
Email: [info@sahajayogakar.org](mailto:info@sahajayogakar.org)  
Ph: +91 9731793793



Authorized Signatory: \_\_\_\_\_

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

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