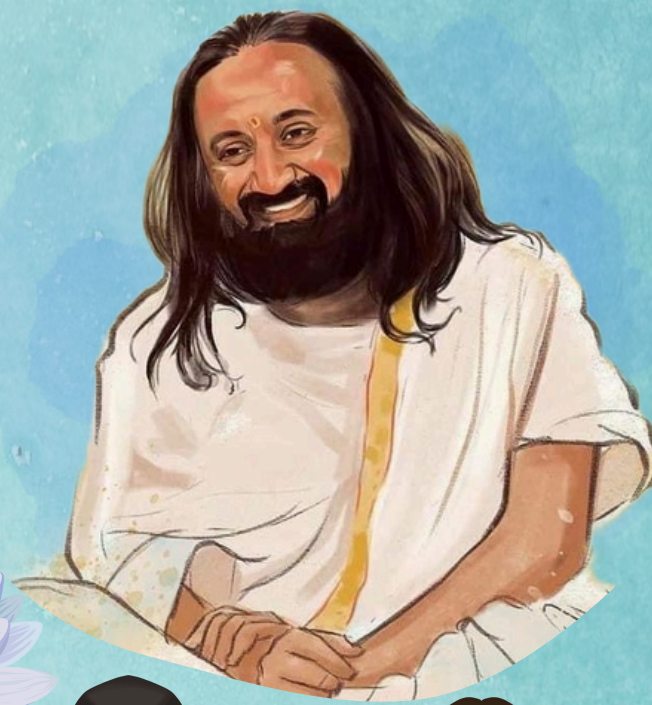




Sudarshan Kriya Follow up

Let's come together to get energised**

** Please note that Follow up can be done only once a week. Open to all who have completed The Art of Living Happiness Program or Yes Plus Program.



★ FLACQ

Lalmatie

Every Thursday
@ Proag hall lalmatie
From 6.30 pm to 8.00 pm.
Contact : 57968127, 57968452

Flacq

Every Tuesday
@ near Maheshwarnath mandir, Hanuman Rd, Riche Mare, Flacq
From 7.00 pm to 8.45 pm.
Contact : 5783 8519

★ GRAND PORT

New Grove

Every Thursday
@ New Grove
From 6.30 pm to 7.45 pm
Contact : 5805 9596

Rose Belle

Every Sunday
@ Rose Belle, Marie Jeannie
From 8.30 am to 10:00 am.
Contact : 5794 5156

Every Wednesday
@ Rose Belle, Telegu Temple Road, Baramia in Sri Krishna Mandiram hall.
From 6.30 pm to 8:00 pm.
Contact : 5794 5156

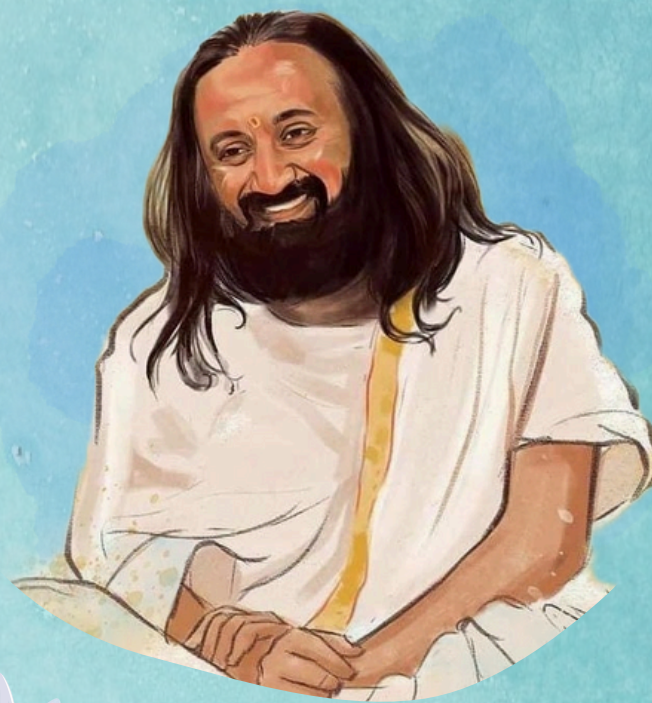
Group follow-ups - also referred to as 'satsangs' (a Sanskrit word meaning: coming together in truth and celebration) - are a place for you to refresh your experience with the breathing techniques, reinforce your home practice, and be in community with fellow practitioners.



Sudarshan Kriya Follow up

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★ PORT LOUIS



Port Louis

Fortnightly alternate Sunday.
@ Le Hochet Terre Rouge
As From 8.00 am
Contact : 5762 4823



Every Mondays
@ DAV COLLEGE Hall Port Louis
From 6.15 to 7.15 Yoga session
7.15 to 8.15 Sudarshan krya
Contact : 5926 3269

★ PAMPLEMOUSSES



Bois Pignolet

Every Sunday
@ Bois pignolet Shivala hall
As from 7.00 am
Contact : 5913 5097



Fond Du Sac

Every Sunday
@ Grace Centre fond Du Sac
As From 8.45 am
Contact : 5858 8304



Triolet

Every Thursday
@ Triolet Arya Samaj Mandir
From 7.00 pm to 8.30 pm
Contact : 5764 1909



Riche Terre

Every Friday
@ Sushil Lane
As from 6.00 pm
Contact : 5915 9179



Morcellement st andre

Every Monday
@ vishnu mandiram
From 7.00 pm to 8.30 pm
Contact : 5810 6311

Sudarshan Kriya Follow up

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★ RIVIÈRE DU REMPART



Goodlands

Every Sunday
@ Goodlands - Happiness Centre
From 8.00 am to 10.00 am
Contact : 5256 7923

Every Thursday
@ Goodlands - Happiness Centre
As 6.30 pm - 8:00 pm
Contact : 5452 4468, 5250 6121



Grand Bay

Every Tuesday
@ Grand bay social services centre
From 5.30 pm to 7.00 pm
Contact : 5452 4468



Roches Noires

Every Tuesday
@ Roches Noires Mandir Hall
From 6.30 pm to 8.00 pm
Contact : 5764 8262



Riv. du Rempart

Every Wednesday
@ Riv. du Rempart Universal college
From 6.30 pm to 8.00 pm
Contact : 5752 7538



★ BLACK RIVER



TAMARIN

Every Sunday
@ La Preneuse
As from 5.00 pm - 6.00 pm
Contact : 5777 2276



Flic en Flac

Every Wednesday
@ Shivala Hall
Yoga : 5.00 pm - 6.00 pm
Kriya : 6.15 pm - 7.15 pm
Contact : 5918 8318, 5781 0717



★ MOKA



Saint Pierre

Fortnightly alternate Sundays:
@ Vishnu Mandiram St. Pierre
From 7.15 pm to 8.15 pm
Contact : 5779 2069, 5256 1377



Sudarshan Kriya Follow up

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★ PLAINES WILHEMS



Wooton

Every Saturday
@ Wooton Happiness Centre
Yoga : 7.15 to 8.30 am
Kriya: 8.30 am to 9.30 am
Contact : 5907 3122

Every Sunday
@ Wooton Happiness Centre
From 7.30 am to 8.45 am
Contact : 5918 8318

Every Sunday
@ Wooton Happiness Centre
From 9.00 am to 10.15 am
Contact : 5779 2069

Every Monday
@ Wooton Happiness Centre
From 7.00 pm to 8.00 pm
Contact : 5762 8862



Beau Bassin

Every Friday
@ Beau Bassin, swastika hall,
belvedere
From 18.30 am to 19.45 am
Contact : 5775 9405



Quatre Bornes

Every Sunday
@ Quatre Bornes, James Burty
David Hall
From 8.00 am to 9.15 am
Contact : 5256 3400

Every Saturday
@ Marrot Hall Q.Bornes
From 7.30 am to 8.30 am
Contact : 5779 2069, 5912 5701

Every Wednesday
@ Q.Bornes, Kovil Montagne Hall
From 6.00 pm to 7.30 pm
Contact : 5255 5152



Vacoas

Every Saturday
@ Paillotte Multipurpose Complex in Vacoas
Yoga: 7.00 a.m to 8.15 a.m
kriya: 8.30 a.m to 9.45 a.m
Contact : 57494558, 59361415.

Fortnightly alternate Tuesdays :
@ Glen Park Vacoas
From 6.50 pm
Contact : Devi 57685956, Mitra 57810717