



JKYog India

Online Sessions

Practice Spirituality from the comfort of your Homes!

Patanjali Yoga Sutras ★
Tattvagyan (Divine Knowledge) ★
Bhagavad Gita ★
21-Day Mind Management ★
Roopdhyam - Meditation ★
Kirtan ★
Yoga & Pranayam ★



JKYog Online Offerings

JKYog India offers a variety of online Spiritual Sessions, in an endeavor to promote its world-wide mission of comprehensive development of mankind by enhancing physical, emotional, intellectual and spiritual dimensions of human personality.

Participate through the comfort of your homes and witness how easy it is to guide through life with the right tool kit available at convenient times and days!

| Online Session | | Day & Time (IST) |
|------------------------------------|--|-----------------------------|
| Patanjali Yog Sutra (English) | | Friday, 6.00 pm – 7.00 pm |
| Tattva Gyan (English) | | Saturday, 6.00 pm – 7.00 pm |
| Tattva Gyan (Hindi) | | Sunday, 6.00 pm – 7.00 pm |
| Bhagavad Gita (English) | | Saturday, 8.00 pm – 9.00 pm |
| Bhagavad Gita (Hindi) | | Tuesday, 8.00 pm – 9.00 pm |
| Science of Mind Management (Hindi) | | Thursday, 8.00 pm – 9.00 pm |
| Kirtan | | Sunday, 8.00 am – 9.30 am |
| Yoga & Pranayam (English) | | Saturday, 7.00 am – 8.00 am |
| Yoga & Pranayam (Hindi) | | Sunday, 7.00 am – 8.00 am |
| Roopdhyam Meditation (Hindi) | | Monday, 7.00 am – 7.30 am |

www.jkyog.in/online-sessions



JKYog India



zoom.us/j/6786919240



+91 84489 41008